









# Northolt

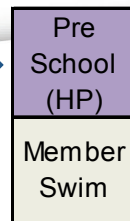
	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30			
Monday		Swim fit	Adult Lessons				Pre School (HP)				LA Aqua									Swim Academy					Adult Lesson		CSL Aqua							
Tuesday							CSL Aqua														Swim Academy							LA Aqua			Swimfit			
Wednesday		Swim fit	Adult Lessons										LA Aqua		Pre School (HP)						Swim Academy					Adult Lesson		CSL Aqua Circuits						
Thursday							Adult Lessons		Pre School (HP)			CSL Aqua Circuits									Swim Academy						Swimfit		Adult Lessons					
Friday								CSL Aqua				LA Aqua			Pre School (HP)						Swim Academy													
Saturday	Closed			Swim Academy							Pre School (HP)																							
Sunday	Closed																																	

**Key**  
 Closed  
 Member Swim  
 LA Aqua (members only)  
 Family Swim (members only)

All sessions in **blue** to be open to the public for booking. See key to the right for details

-  **Swim Academy Classes**  
Where class capacity or class type allows, a lane will be made available for member swim.
-  **Adult Lessons**  
A member swim lane will be made available during these sessions.
-  **Swim Fit and Aqua Classes**  
A member swim lane will be made available during these sessions.
-  **Adult & Child, Swim a Song, Pre School Ducklings**  
These programmes will occupy half a pool which will be split across it's width rather than length as shown in the diagram

**For All Programmes & Classes**  
Where demand or capacity requires, the whole pool can be utilised.



**BRITISH** Swimming  
ACCREDITED CENTRE