

Poole

	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							Aqua Circuits							Adult Lessons						Swim Academy						LA Aqua						
Tuesday			Swimfit					LA Aqua													Swim Academy					Aqua Fit						
Wednesday																					Swim Academy					LA Aqua			Swimfit			
Thursday								LA Aqua	Adult & Child (HP)	Adult & Child (HP)	Pre School (HP)	Pre School (HP)									Swim Academy				Adult Lessons	Aqua Fit						
Friday													Aqua Circuits								Swim Academy											
Saturday					Swim Academy																											
Sunday																																

Key

- Closed
- Member Swim
- LA Aqua (members only)

Various sessions will 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.
- Swim Fit**
A member swim lane will be made available during these sessions.
- Adult Lessons**
A member swim lane will be made available during these sessions.
- Parent & Child, Swim a Song, Pre School Ducklings**
These programmes will occupy half a pool which will be split across its width rather than length as shown in the diagram
- For All Programmes & Classes**
The whole pool may be utilised due to capacity and the size of the pool - where possible a lane will be made available for member swim.

LA fitness
We'll get there together.

Delivered in partnership with Community Swimming