

# Southampton

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



Delivered in partnership with Community Swimming

