

St Pauls

	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		Adult Lessons								Aqua Fit								Swim Academy					Swimfit						
Tuesday			Aqua Fit										Aqua Circuits							Swim Academy						Aqua Fit					
Wednesday												Adult Lessons	LA Aqua							Swim Academy				Aqua Fit							
Thursday													Aqua Circuits							Swim Academy											
Friday																				Swim Academy											
Saturday																															
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

