

Sydenham

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

LA fitness
We'll get there together.

Delivered in partnership with Community Swimming

the asa
accredited centre