









Thorpe Bay

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


 the asa
 accredited centre