

West India Quay

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