Pool Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 11:00	Members-only Lane Swimming	Members-only Lane Swimming	Open to all lane swimming	Members-only Lane Swimming	Members-only Lane Swimming	Open to all lane swimming	Members-only Lane Swimming
					Open to all lane swimming	Kick training	Speed training
11:00 – 12:00	Open to all lane swimming	Open to all lane swimming	Members-only Lane Swimming	Speed training		Open to all lane swimming	Open to all lane swimming
12:00 – 13:00				Stroke training	Kick training		
13:00 – 15:00		Stroke training	Open to all lane swimming	Open to all lane swimming	Speed training		
15:00 – 16:00	Kick training	Open to all lane swimming					Kick training
16:00 – 18:00	Open to all lane swimming			Members-only Lane Swimming	Members-only Lane Swimming	Members-only Lane Swimming	Stroke training
18:00 – 19:00		Members-only Lane Swimming		Speed training		Open to all lane swimming	Open to all lane swimming
19:00 – 20:00	Members-only Lane Swimming	Open to all lane swimming	Members-only Lane Swimming	Open to all lane swimming	Open to all lane swimming	Members-only Lane Swimming	Speed training