

# Pool Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:00	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		
9:00									
10:00									
11:00	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	Speed training		
12:00									
13:00				Kick training					
14:00		Stroke training							
15:00		Kick training					Speed training		
16:00	Open to all lane swimming	Open to all lane swimming	Open to all lane swimming	Open to all lane swimming	Members-only Lane Swimming	Open to all lane swimming	Kick training		
17:00									
18:00		Members-only Lane Swimming					Members-only Lane Swimming	Members-only Lane Swimming	Stroke training
19:00		Open to all lane swimming		Members-only Lane Swimming			Open to all lane swimming	Open to all lane swimming	Open to all lane swimming
20:00	Members-only Lane Swimming								Members-only Lane Swimming
21:00									
22:00									