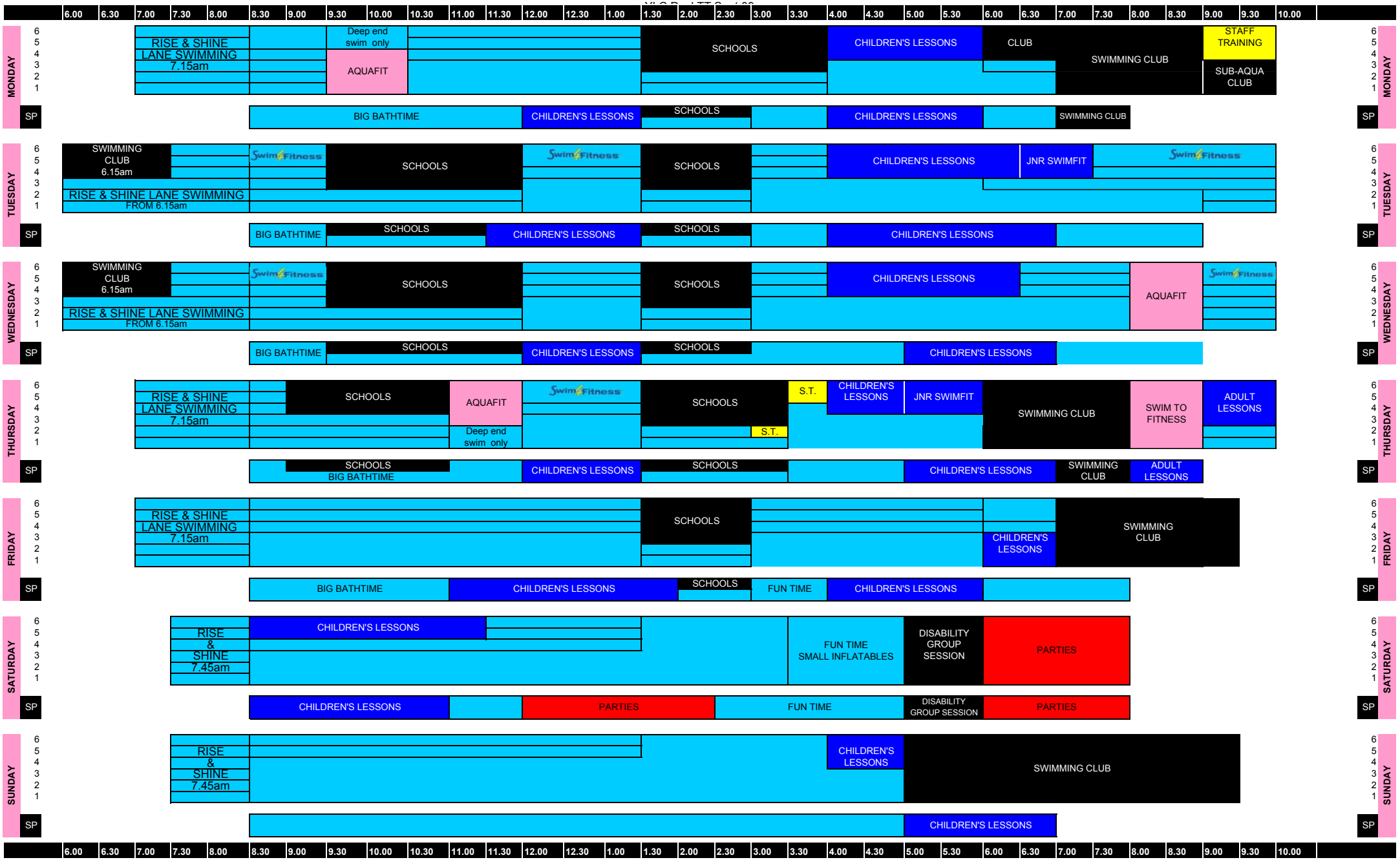
6.00 6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30 11.00 11.30 12.00 12.30 1.00 1.30 2.00 2.30 3.00 3.30 4.00 4.30 5.00 5.30 6.00 6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00
MONDAY
RISE & SHINE LANE SWIMMING 7.15am
Deep end swim only
AQUAFIT
SCHOOLS
CHILDREN'S LESSONS
CLUB
SWIMMING CLUB
STAFF TRAINING
SUB-AQUA CLUB
SP
BIG BATHTIME
CHILDREN'S LESSONS
SCHOOLS
CHILDREN'S LESSONS
SWIMMING CLUB
TUESDAY
SWIMMING CLUB 6.15am
Swim4Fitness
SCHOOLS
Swim4Fitness
SCHOOLS
CHILDREN'S LESSONS
JNR SWIMFIT
Swim4Fitness
RISE & SHINE LANE SWIMMING FROM 6.15am
SP
BIG BATHTIME
SCHOOLS
CHILDREN'S LESSONS
SCHOOLS
CHILDREN'S LESSONS
WEDNESDAY
SWIMMING CLUB 6.15am
Swim4Fitness
SCHOOLS
SCHOOLS
CHILDREN'S LESSONS
AQUAFIT
Swim4Fitness
RISE & SHINE LANE SWIMMING FROM 6.15am
SP
BIG BATHTIME
SCHOOLS
CHILDREN'S LESSONS
SCHOOLS
CHILDREN'S LESSONS
THURSDAY
RISE & SHINE LANE SWIMMING 7.15am
SCHOOLS
AQUAFIT
Deep end swim only
Swim4Fitness
SCHOOLS
S.T.
S.T.
CHILDREN'S LESSONS
JNR SWIMFIT
SWIMMING CLUB
SWIM TO FITNESS
ADULT LESSONS
SP
SCHOOLS
BIG BATHTIME
CHILDREN'S LESSONS
SCHOOLS
CHILDREN'S LESSONS
SWIMMING CLUB
ADULT LESSONS
FRIDAY
RISE & SHINE LANE SWIMMING 7.15am
SCHOOLS
CHILDREN'S LESSONS
SWIMMING CLUB
SP
BIG BATHTIME
CHILDREN'S LESSONS
SCHOOLS
FUN TIME
CHILDREN'S LESSONS
SATURDAY
RISE & SHINE 7.45am
CHILDREN'S LESSONS
FUN TIME SMALL INFLATABLES
DISABILITY GROUP SESSION
PARTIES
SP
CHILDREN'S LESSONS
PARTIES
FUN TIME
DISABILITY GROUP SESSION
PARTIES
SUNDAY
RISE & SHINE 7.45am
CHILDREN'S LESSONS
SWIMMING CLUB
SP
CHILDREN'S LESSONS