

# SWIMMING TIMETABLE

## SIXMILE LEISURE CENTRE

**CAPACITY MAY BE REDUCED AT VARIOUS TIMES DUE TO LESSONS, CLUBS OR CLASSES**

	06.15 - 08.30	08.30 - 09.30	09.30 - 10.00	10.00 - 10.30	10.30 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00
<b>MON</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>TUE</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>WED</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>THURS</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA*
	06.15 - 08.30	08.30 - 09.30	09.30 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 17.45	18.00 - 19.00	19.15 - 21.00				
<b>FRI</b>	FITNESS	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	OPEN				
	08.00 - 09.00	09.00 - 10.00	10.00 - 11.00	11.00 - 12.15	12.30 - 13.30	13.30 - 14.30	14.30 - 15.30								
<b>SAT</b>	OPEN	OPEN	OPEN	OPEN	LEISURE	LEISURE	LEISURE								
<b>SUN</b>	OPEN	OPEN	OPEN	OPEN	LEISURE	LEISURE	LEISURE								

Slots highlighted indicate that the shallow end is unavailable

\*Aqua Fit class takes place in a section of the main pool, this session includes music.

### OPEN SWIM

This is a 'swim for all' session including families. The learner pool and a lane for lane swimming will be made available where possible.

### FITNESS SWIM

Lane based session. Swim in a clockwise direction. Fast, Medium and Slow lanes available. Teenagers are able to attend when accompanied by a Parent/Guardian.

### LEISURE SWIM

This is a family fun session with the slide and Lazy River open. Lane swimming is not available

### MORE HELP FROM US FOR FREE

**Swim Stroke Assessment:** Our expert swimming instructor will be available to give you information and advice on how to improve your swimming technique

**Sixmile:** Tue 8pm – 8.30pm

**Baby and Toddler Advice Session:** Improve your toddlers water confidence and get free hints and tips from our expert instructor.

**Sixmile:** Mon 9.30am – 10.30am

**Sixmile:** Fri 9.30am – 10.30am