

SAT

SUN

SWIMMING TIMETABLE



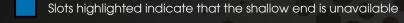
SIXMILE LEISURE CENTRE

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

	06.15	08.30	09.30	10.00	10.30	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00
	08.30	09.30	10.00	10.30	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
MON	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
TUE	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
WED	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
THURS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA*
	06.15	08.30	09.30	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.15				
	08.30	09.30	12.00	13.00	14.00	15.00	16.00	- 17.00	- 17.45	19.00	- 21.00				
FRI	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	This is		all' sessior		MORE HELP FROM US FOR FRE Swim Stroke Assessment: Our expert swimming instructor will be available to			

LEISURE

LEISURE



OPEN

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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

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give you information and advice on how to improve your swimming technique

Sixmile: Tue 8pm - 8.30pm

Baby and Toddler Advice Session: Improve vour toddlers water confidence and aet free hints and tips from our expert instructor.

Sixmile: Mon 9.30am - 10.30am **Sixmile:** Fri 9.30am - 10.30am

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