

## Jubilee2 Term Time Swimming Programme

Day	Lanes									
Monday Large pool	1	NASC								
	2	6.30-7.30am			Leisure swim 12-1pm	Lifeguard Training 1pm-3pm		Swimming lessons 4pm-6.30pm	NASC 7pm-9pm	
	3									
	4									
	5									
	6	Swim Fit 6.30am- 3.15pm						Leisure swim 3.30pm-5.30pm		Swim Fit 6pm-9pm
	7									
	8									

Day	Lanes									
Tuesday Large pool	1									
	2		School Swimming 9am-12pm		Leisure swim 12-1pm	School Swimming 1pm-3pm		Swimming lessons 4pm-6.30pm	NASC 7pm-9pm	
	3									
	4									
	5									
	6	Swim Fit 6.30am- 3.15pm						Leisure swim 3.30pm-5.30pm		Swim Fit 6pm-9pm
	7									
	8									

Day	Lanes									
Wednesday Large pool	1	NASC								
	2	6.30-7.30am		Adult swim lessons 9-10am	School Swimming 10-12pm	Leisure swim 12-1pm	School Swimming 1pm-3pm		Swimming lessons 4pm-6.30pm	NASC 7pm-9pm
	3									
	4									
	5									
	6	Swim Fit 6.30am- 3.15pm						Leisure swim 3.30pm-5.30pm		Swim Fit 6pm-9pm
	7									
	8									

Day	Lanes									
Thursday Large pool	1									
	2		School Swimming 9am-12pm		Leisure swim 12-1pm	School Swimming 1pm-3pm		Swimming lessons 4pm-6.30pm	NASC 7pm-9pm	
	3									
	4									
	5									
	6	Swim Fit 6.30am- 3.15pm						Leisure swim 3.30pm-5.30pm		Swim Fit 6pm-9pm
	7									
	8									

Day	Lanes									
Friday Large pool	1	NASC								
	2	6.30-7.30am		School Swimming 9am-12pm		Leisure swim 12-1pm	Lifeguard training 1pm-3pm		Swimming lessons 4pm-6.30pm	NASC 7pm-9pm
	3									
	4									
	5									
	6	Swim Fit 6.30am- 3.15pm						Leisure swim 3.30pm-5.30pm		Swim Fit 6pm-9pm
	7									
	8									

## Jubilee2 Term Time Swimming Programme

Day	Lanes												
Saturday Large pool	1			Swimming lessons 9am-12.30pm				Leisure swim 1pm-3.30pm		Swim Fit 4pm-5.30pm		Octopush 6pm-7pm	
	2	NASC 6.30-8.30am											
	3												
	4												
	5												
	6												
	7												
	8												

Day	Lanes												
Sunday Large pool	1			Leisure Swim 10am-11.30am		Swim Fit 12-1.30pm		Leisure Swim 2.00pm-3.30pm		NASC 4pm-8pm			
	2												
	3	Swim Fit 8am-9.30am											
	4												
	5												
	6												
	7												
	8												

Day																				
Monday Teaching pool			Aqua Fit 7.45-8.45am		Good Boost 9-9.45am		Parent and Toddler 10-11am		Shelton Therapy 11.30-12.30		Parent and Toddler 1-2pm		Adult Swim 2.15-3.15pm		Swimming lessons 4-6.30pm					
Tuesday Teaching pool	Adult Swim 7.30-8.30am				School swimming lessons 9am - 12.05pm				Good Boost 12.05-12.50		School swimming lessons 1pm-3pm		Aqua Fit 3-3.45pm		Swimming lessons 4-6pm		Aqua Fit 6.30-7.30pm			
Wednesday Teaching pool			Good Boost 8-8.45am		Good Boost 8.45-9.30		School swimming 10am-12pm				Good Boost 12.15-1pm		School swimming lessons 1.30pm-3pm		Swimming lessons 4-6.30pm		Aqua Fit 7-8pm			
Thursday Teaching pool	Adult Swim 7.30-8.30am				School swimming lessons 9-11am				Aqua Blast 12pm-12.45pm		School swimming lessons 1pm-2.30pm		Shelton Therapy 2.45-3.45pm		Swimming lessons 4-7.15pm (including adult lessons 6.45pm-7.15pm)				Good Boost 7.30-8.15pm	
Friday Teaching pool			Good Boost 8-8.45am		Good Boost 9-9.45am		School Swimming 10-11am		Aqua Fit 11.45-12.45pm		School swimming lessons 1pm-3pm				Family swim 4-6.30pm		Adult swim 7pm-8pm		Aqua fit 8-9pm	
Saturday Teaching pool			Swimming lessons 8-12.30pm								Family swim 1.30pm-3.30pm				Party Hire 5-6pm Bookable only		Private Hire			
Sunday Teaching pool					Parent and Toddler 9-10am		Family swim 10.15-3.30pm								Swimming lessons 4-6.30pm		Private Hire			