

Swimming pool timetable

Wednesday 24th July – Sunday 1st September 2019

Main Pool

Monday

Time	Class
06:00 ~ 08:00	Adults Only
08:00 ~ 08:45	Aquafit 16+
08:00 ~ 18:00	Lane/General Swim
20:30 ~ 22:00	Lane Swimming

Tuesday

Time	Class
06:00 ~ 22:00	General Swim
06:00 ~ 18:00	Lane Swimming
08:30 ~ 09:15	Aquafit 16+
18:30 ~ 22:00	Lane Swimming

Wednesday

Time	Class
06:00 ~ 08:00	Adults Only
08:00 ~ 10:25	Aquafit 16+
08:00 ~ 18:00	Lane/General Swim
20:00 ~ 22:00	Adults Only

Thursday

Time	Class
06:00 ~ 22:00	General Swim
06:00 ~ 16:00	Lane Swimming
20:30 ~ 22:00	Lane Swimming

Friday

Time	Class
06:00 ~ 08:00	Adults Only
08:00 ~ 17:30	Lane Swim
08:00 ~ 18:30	General Swim
18:30 ~ 22:00	Adults Only

Saturday

Time	Class
07:00 ~ 12:00	General Swim
09:00 ~ 11:00	Lane Swimming
15:00 ~ 20:00	Lane/General Swimming

Sunday

Time	Class
08:00 ~ 18:00	Lane/General Swim
18:00 ~ 20:00	Adults Only

Please note there may be last minute changes, please check our website or telephone 020 8313 9911 for the most up to date timetable.

Book you class online at www.mytimeactive.co.uk
or via our app on your smart phone

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Swimming pool timetable

Wednesday 24th July – Sunday 1st September 2019

Teaching Pool

Monday

Time

06:00 ~ 08:00
08:00 ~ 11:30
11:30 ~ 12:30
12:30 ~ 19:00
20:00 ~ 22:00

Class

Adults Only
Swimming Lessons
Aquafit 16+
Swimming Lessons
Adults Only

Tuesday

Time

09:30 ~ 18:30
18:30 ~ 21:00

Class

Swimming Lessons
Aquafit 16+

Wednesday

Time

06:00 ~ 08:00
08:45 ~ 09:30
09:30 ~ 11:30
12:00 ~ 13:30
13:30 ~ 15:00
15:00 ~ 16:00
16:00 ~ 18:00
18:00 ~ 19:00

Class

Adults Only
Aquafit 16+
Swimming Lessons
Pisces
Swimming Lessons
Family Splash
Swimming Lessons
Family Splash

Thursday

Time

08:30 ~ 10:25
10:30 ~ 12:00
12:00 ~ 13:30
13:30 ~ 18:30
18:30 ~ 20:00
20:00 ~ 22:00

Class

Aquafit 16+
Swimming Lessons
Family Splash
Swimming Lessons
Aquafit 16+
Swimming Lessons

Friday

Time

06:00 ~ 08:00
09:00 ~ 10:30
10:30 ~ 12:30
12:30 ~ 13:30
13:30 ~ 19:00

Class

Adults Only
Aquafit
Swimming Lessons
Family Splash
Swimming Lessons

Saturday

Time

08:00 ~ 15:00
17:00 ~ 19:00

Class

Swimming Lessons
Family Splash

Sunday

Time

08:00 ~ 14:00
14:00 ~ 15:00
17:00 ~ 18:00
18:00 ~ 19:00

Class

Family Splash
Parties
Disney Sing & Splash
Aquafit 16+

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