

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	Closed	Closed
07:00	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:30 - 08:15 Adults Only	07:30 - 08:15 Adults Only
08:00	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:15 - 09:00 Adults Only	08:15 - 09:00 Adults Only
09:00	09:15 - 10:15 Aqua Aerobics	09:20 - 10:15 Aqua Aerobics	09:15 - 10:15 Aqua Aerobics	09:00 - 10:30 Open Swim	09:00 - 13:00 Water Babies Swim Lessons	09:00 - 10:30 Open Swim	09:00 - 10:30 Open Swim
10:00	10:30-12:30 Diddy Dolphins Swim Lessons	10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim		10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim
11:00		12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim		12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim
12:00	12:30 - 14:00 50+ Swim	13:30 - 14:30 Open Swim	13:30 - 15:00 50+ Swim	13:30-15:00 Open Swim		13:00 - 14:00 Open Swim	13:30-15:00 Open Swim
13:00	14:00 - 15:00 Open Swim	14:30 - 15:50 Open Swim		15:00 - 16:30 Open Swim		14:00 - 15:30 Open Swim	15:00 - 16:30 Open Swim
14:00	15:00 - 16:30 Open Swim	16:00 - 18:30 Diddy Dolphins Swim Lessons	16:30 - 17:30 Open Swim	15:00 - 15:50 Open Swim	15:30 - 17:00 Open Swim	16:30 - 18:00 Open Swim	16:30 - 18:00 Open Swim
15:00	16:30 - 17:30 Open Swim		17:30 - 18:30 Open Swim	15:55 - 18:00 Diddy Dolphins Swim Lessons	17:00-18:30 Open Swim	18:00- 19:30 Open Swim	18:00 - 19:30 Open Swim
16:00	17:30 - 18:45 Open Swim		18:30-19:30 Open Swim		18:15 - 19:15 Aqua Aerobics	18:30 - 19:30 Open Swim	19:30 - 20:30 Open Swim
17:00	19:00 - 19:45 Aqua Aerobics	19:30- 20:00 Adults Only	18:30 - 19:30 Aqua Aerobics & Circuits	19:15 - 20:00 Adults Only	19:30 - 20:00 Adults Only		
18:00	20:00 - 20:45 Adults Only		20:00 - 20:45 Adults Only	20:00 - 20:45 Adults Only	20:00 - 20:45 Adults Only	20:00 - 20:45 Adults Only	
19:00							
20:00							



Advance booking is essential for ALL swim sessions. Go to [www.atlanticreach.co.uk/swimming](http://www.atlanticreach.co.uk/swimming)  
 We do not employ lifeguards at any time and all swimmers must be accompanied by an adult (18+) swimmer at all times.  
 Please respect the swim lane and each other's personal space, both in the pool and changing area.  
 Leisure Pass holders please book Adult Only morning sessions at the Leisure Reception rather than online.