

# Main Pool Timetable

19th April - 23rd July 2006

Please note no admission 15 minutes prior to commencement of a new session. Pool will be cleared of all swimmers at the end of each session.

	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30
<b>Mon</b>		❖ Early Swim	50+	General Swim	Adults Only	General Swim	Adults	General Swim	Adults	Swim School	General Swim	Adults Only	Workington Swim Club Hire	Adults Only		
<b>Tues</b>		❖ Early Swim	General Swim	Adults Only	General Swim	General Swim	Swim School	General Swim	General Swim	Aqua Fit	General Swim	Adults Only				
<b>Wed</b>		❖ Early Swim	50+	General Swim	Adults Only	General Swim	Adults Only	Swim School	General Swim	Ladies Lifestyle	Workington Swim Club Hire	Adults Only				
<b>Thurs</b>		❖ Early Swim	General Swim	Adults Only	General Swim	Team Training	Swim School	General Swim	Masters	Ladies Lifestyle	General Swim	Adults Only				
<b>Fri</b>		❖ Early Swim	Adult Swim School	General Swim & Schools	Adults Only	General Swim	Adults Only	Swim School	General Swim	Adults Only	Workington Swim Club Hire					
<b>Sat</b>			Adult Swim Jnr Lifesaving	Ollie Octopus Inflatable Family Swim	Cheeky Chimps Party	Treasure Island Inflatable	General Swim									
<b>Sun</b>			Adults Only	General Swim	Cheeky Chimps Party	Treasure Island Inflatable	General Swim									

Public Swim Closed to Public Bookable sessions ❖ Denotes Adults only

All details correct at time of printing. Management reserve the right to change without notice the content & times of any of the advertised activities in this publication.

# Teaching Pool Timetable

19th April - 23rd July 2006

Please note no admission 15 minutes prior to commencement of a new session. Pool will be cleared of all swimmers at the end of each session.

	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30
<b>Mon</b>				General Swim	Toddler Splash	General Swim	General Swim	Swim School	General Swim	Swim School						
<b>Tues</b>				General Swim	Toddler Splash	General Swim	Team Training	Swim School	General Swim	Swim School						
<b>Wed</b>				General Swim	Toddler Splash	General Swim	General Swim	Swim School	General Swim	Swim School						
<b>Thurs</b>				General Swim	Toddler Splash	General Swim	Team Training	Swim School	General Swim	Swim School						
<b>Fri</b>				General Swim	Toddler Splash	General Swim	General Swim	Swim School	General Swim	Swim School	General Swim	Workington Swim Club				
<b>Sat</b>				Swim School	General Swim	Cheeky Chimps Party	Family Splash	General Swim	Private Hire							
<b>Sun</b>				Swim School	General Swim	Cheeky Chimps Party	Family Splash	General Swim	Private Hire							

Public Swim Closed to Public Bookable sessions ❖ Denotes Adults only

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