

## May Sessions

Session	Start	Finish
<b>Wednesday 1st May</b>		
Early Birds	06:30	09:30
Quick Dip Lane Swim	11:45	12:30
Just Water & Me	14:00	15:00
Open Session	15:00	18:00
Aqua Aerobics	18:15	19:00
Sound Bath with Sam	19:15	20:00
<b>Thursday 2nd May</b>		
Lane Swim	07:30	08:30
Open Session	09:00	12:00
Lane Swim	12:30	13:30
Just Water & Me	14:00	15:00
Open Session	15:30	18:30
Late Swallows	19:00	21:00
<b>Friday 3rd May</b>		
Early Birds	06:30	08:30
Lane Swim	12:00	13:00
Open Session	15:30	18:30
Lane Swim	19:00	21:00
<b>Saturday 4th May</b>		
Functional Fitness	08:00	09:00
Beginner Swim Lesson	08:30	09:00
Intermediate / Advanced Swim Les:	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00
<b>Sunday 5th May</b>		
SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

## May Sessions

### Monday 6th May

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Early Birds	06:30	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

### Tuesday 7th May

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Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Lane Swim	12:00	13:00
Just Water & Me	14:30	15:30
Open Session	15:30	18:00
Water Polo	18:00	19:00
Late swallows	19:00	21:00

### Wednesday 8th May

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Early Birds	06:30	09:30
Just Water & Me	11:45	12:30
Lane Swim	14:00	15:00
Open Session	15:30	18:00
Aqua aerobics	18:15	19:00

### Thursday 9th May

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Lane Swim	07:30	08:30
Lane Swim	12:00	13:00
Open Session	15:30	18:00
Just Water & Me	18:00	19:00
Late Swallows	19:00	21:00

### Friday 10th May

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Early Birds	06:30	08:30
Lane Swim	12:00	13:00
Open Session	15:30	18:00
Lane Swim	18:30	19:00

### Saturday 11th May

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Functional Fitness	08:00	09:00
Beginner Swim Lesson	08:30	09:00

## May Sessions

Intermediate / Advanced Swim Les:	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 12th May

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SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Monday 13th May

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Early Birds	06:30	09:30
Just Water & Me	09:45	10:45
Lane Swim	12:00	13:00
Just Water & Me	14:15	15:15
Open Session	15:30	18:00
Lane Swim	18:30	19:30

### Tuesday 14th May

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Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Lane Swim	12:00	13:30
Just Water & Me	14:30	15:30
Open Session	15:30	18:00
Water polo	18:00	19:00
Late Swallows	19:00	21:00

### Wednesday 15th May

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Early Birds	06:30	09:30
Lane Swim	11:45	12:30
Just Water & Me	14:00	15:00
Open Session	15:30	18:00
Aqua Aerobics	18:15	19:00

### Thursday 16th May

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Lane Swim	07:30	08:30
Lane Swim	12:00	13:00

## May Sessions

Open Session	15:30	18:00
Just Water & Me	18:00	19:00
Late Swallows	19:00	21:00

### Friday 17th May

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Early Birds	06:30	08:30
Just Water & Me	12:00	13:00
Open Session	15:30	18:00
Lane Swims	18:30	19:30

### Saturday 18th May

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Functional Fitness	08:00	09:00
Beginner Swim Lesson	08:30	09:00
Intermediate / Advanced Swim Les:	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 19th May

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Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Monday 20th May

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Early Birds	06:30	09:30
Lane Swim	12:00	13:00
Just Water & Me	14:15	15:15
Open Session	15:30	18:00

### Tuesday 21st May

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Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Lane Swim	12:45	13:30
Just Water & Me	14:30	15:30
Open Session	15:30	18:00
Water Polo	18:00	19:00
Late Swallows	19:00	21:00

## May Sessions

### Wednesday 22nd May

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Early Birds	06:30	09:30
Just Water & Me	14:00	15:00
Open Session	15:30	18:00
Aqua Aerobics	18:15	19:00

### Thursday 23rd May

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Lane Swim	07:30	08:30
Lane Swim	12:00	13:00
Open Session	15:30	18:00
Just Water & Me	18:00	19:00
Late Swallows	19:00	21:00

### Friday 24th May

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Early Birds	06:30	08:30
Lane Swim	12:00	13:00
Open Session	15:30	18:00
Lane Swim	18:30	19:30

### Saturday 25th May

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Functional Fitness	08:00	09:00
Beginner Swim Lesson	08:30	09:00
Intermediate / Advanced Swim Les:	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Sunday 26th May

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SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

### Monday 27th May

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Early Birds	06:30	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

## May Sessions

### Tuesday 28th May

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Lane Swim	07:30	08:30
Aqua Aerobics	09:00	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00
Just Water & me	18:00	19:00
Late Swallows	19:00	21:00

### Wednesday 29th May

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Early Birds	06:30	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Aqua Aerobics	18:15	19:00

### Thursday 30th May

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Lane Swim	07:30	08:30
Just Water & Me	08:45	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Late Swallows	19:00	21:00

### Friday 31st May

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Early Birds	06:30	08:30
Just Water & Me	08:45	09:45
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:00	19:00