

August Sessions

Thursday 1st August

Session	Start	Finish
Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
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
Late Swallows	19:00	21:00

Friday 2nd August

Session	Start	Finish
Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

Saturday 3rd August

Session	Start	Finish
Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

Sunday 4th August

Session	Start	Finish
SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30
Naturist Swim	17:00	20:00

August Sessions

Monday 5th August

Session	Start	Finish
Early Birds	06:30	09:00
Just Water & Me	09:00	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:15	19:15

Tuesday 6th August

Session	Start	Finish
Lane Swim	07:30	08:30
Aqua Aerobics	09:00	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
Late Swallows	19:00	21:00

Wednesday 7th August

Session	Start	Finish
Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
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
Run Club With Jacob	18:30	
Serinity Sound Bath	19:15	20:15

Thursday 8th August

Session	Start	Finish
Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00

August Sessions

Late Swallows 19:00 21:00

Friday 9th August

Session	Start	Finish
Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

Saturday 10th August

Session	Start	Finish
Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

Sunday 11th August

Session	Start	Finish
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 12th August

Session	Start	Finish
Early Birds	06:30	09:00
Staff Training	09:00	11:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Just Water & Me	17:00	18:00
Lane Swim	18:15	19:15

August Sessions

Tuesday 13th August

Session	Start	Finish
Lane Swim	07:30	08:30
Aqua Aerobics	09:00	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
Late Swallows	19:00	21:00

Wednesday 14th August

Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
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
Run Club With Jacob	18:30	
Lane Swim	19:15	20:15

Thursday 15th August

Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00
Late Swallows	19:00	21:00

Friday 16th August

Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30

August Sessions

Lane Swim	18:30	19:30
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Saturday 17th August

Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00

Sunday 18th August

SEND Session	09:00	10:00
Sid the Sub 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

Monday 19th August

Early Birds	06:30	09:00
Just Water & Me	09:00	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	19:15	20:15

Tuesday 20th August

Lane Swim	07:30	08:30
Aqua Aerobics	09:00	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
Late Swallows	19:00	21:00

Wednesday 21st August

Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00

August Sessions

Open Session	10:00	13:00
Open Session	13:30	16:30
Aqua Aerobics	18:15	19:00
Run Club With Jacob	18:30	
Lane Swim	19:15	20:15

Thursday 22nd August

Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00
Late Swallows	19:00	21:00

Friday 23rd August

Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

Saturday 24th August

Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30

Sunday 25th August

SEND Session	09:00	10:00
Sid the Sub Open Session	10:00	13:00
Open Session	13:30	16:30

Monday 26th August

August Sessions

Early Birds	06:30	09:00
Just Water & Me	09:00	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:15	19:15

Tuesday 27th August

Lane Swim	07:30	08:30
Aqua Aerobics	09:00	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
Late Swallows	19:00	21:00

Wednesday 28th August

Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
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
Run Club With Jacob	18:30	
Sireny Sound Bath	19:15	20:15

Thursday 29th August

Lane Swim	07:30	08:30
Rookie Lifeguards	08:30	10:30
Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Mermaid Swim	17:15	19:00
Late Swallows	19:00	21:00

Friday 30th August

Early Birds	06:30	09:00
Rookie Lifeguards	08:30	10:30

August Sessions

Beginners swim Lesson	09:00	09:30
Intermediate Swim Lesson	09:30	10:00
Advanced Swim Lesson	09:30	10:00
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	18:30	19:30

Saturday 31st August

Functional fitness with Jacob	08:00	09:00
Lane Swim	08:00	09:00
Beginners swim Lesson	08:30	09:00
Intermediate Swim Lesson	09:00	09:30
Advanced Swim Lesson	09:00	09:30
Open Session	10:00	13:00
Open Session	13:30	16:30
Lane Swim	17:00	18:00
Mermaid Swims	18:15	20:00