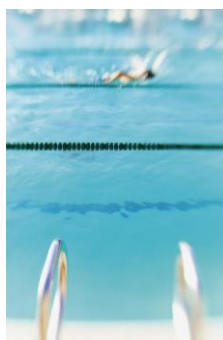


LANE SWIMMING

Summer Holiday

Until 19th August 2010



Monday & Tuesday	8am – 8.50am	11am-4pm & 6pm - 8pm
Wednesday	Staff Training	12.30pm – 9.45pm
Thursday	8am – 8.50am	11am – 2.45pm & 4.15pm - 9.45pm
Friday	8am – 8.50am	12.30pm – 4pm & 6pm - 9.45pm
Saturday	9am – 7.45pm (Men Only 5pm-6pm -half pool)	

**Fun Sessions 3- 4pm Tuesday, Thursday Saturday
(no lane swimming)**

Motiv8 Kayaking sessions

**Tuesday 20th July Tuesday 27th July Tuesday 10th August 11am – 1pm
Lane swimming from 1pm.**