

## Dawlish Leisure Centre Main Pool Swimming Programme

### Monday 18 December

Lanes	07.00 – 08.30
General Swim + Lane	08.30 – 10.00
Aqua Fit	10.00 – 11.00
General Swim + Lane	11.00 – 12.30
Lanes	12.30 – 13.30
Fun Swim	13.30 – 16.00
General Swim + Lane	16.00 – 19.00
Club	19.00 – 21.00

### Tuesday 19 December

Lanes	07.00 – 08.30
General Swim + Lane	08.30 – 10.00
Aqua Fit	10.00 – 11.00
Special Swim Session	11.00 – 12.30
Lanes	12.30 – 13.30
Fun Swim	13.30 – 16.00
General Swim + Lane	16.00 – 17.45
Aqua Circuits	17.45 – 18.30
General Swim + Lane	18.30 – 21.30

### Wednesday 20 December

Lanes	07.00 – 08.30
General Swim + Lane	08.30 – 10.00
Adult Lesson	10.00 – 11.00
Triathlon (Half Pool)	11.00 – 12.00
General Swim + 1 Lane	11.00 – 12.30
Lanes	12.30 – 13.30
Private Booking	13.30 – 16.00
General Swim + Lane	16.00 – 18.00
Club	17.00 – 21.30

### Thursday 21 December

Lanes	07.00 – 08.30
General Swim + Lane	08.30 – 12.30
Lanes	12.30 – 13.30
Fun Swim	13.30 – 16.00
General Swim + Lane	16.00 – 19.00
Aqua Fit	19.00 – 20.00
Club	20.00 – 21.30



### Friday 22 December

Lanes	07.00 – 08.30
General Swim + Lane	08.30 – 10.00
Special Swim Session	10.00 – 11.00
Aqua Circuits	11.00 – 12.00
Lanes	12.00 – 13.30
Fun Swim	13.30 – 16.00
General Swim + Lane	16.00 – 18.00
Club	18.00 – 22.00

### Saturday 23 December

Club	07.00 – 10.30
Fun Swim	10.30 – 13.30
Book a Pool Party	14.00 – 15.00
General Swim + Lane	16.00 – 18.00
Club	17.00 – 19.00