

# Kingsway Main Pool

	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	
Mon	All Welcome				Water Fitness		All Welcome		Adult Only				All Welcome																			
	Adult Only						Adult Only						Adult Only																			
Tue	All Welcome								Adult Only				All Welcome												Adult Only		Adult Only					
	Adult Only												Adult Only												Water Fitness							
Wed	All Welcome				Water Fitness		All Welcome		Adult Only				All Welcome												Ladies Only							
	Adult Only						Adult Only						Adult Only												Water Fitness							
Thur	All Welcome								Adult Only				All Welcome												Adult Only							
	Adult Only												Adult Only																			
Fri	All Welcome								Adult Only				All Welcome						Family Swim													
	Adult Only												Adult Only																			
Sat							Family Swim				Adult Only		All Welcome																			
													Adult Only																			
Sun					Family Swim						Adult Only		All Welcome																			
											Adult Only																					

- All Welcome
- Adult Only
- Ladies Only
- Family Swim
- Water Fitness

# Kingsway Learner Pool

	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00
	Swim Lessons	Aqua Babes			All welcome																		
	Swim Lessons	Aqua Babes			Swim Lessons		All welcome						Swim Lessons	Swim Lessons									
	All Welcome								All welcome				Swim Lessons										
	Swim Lessons		Aqua Babes			Swim Lessons		All welcome						Swim Lessons	Swim Lessons								
	Water Fitness		All welcome							All welcome							Family Swim						
Swim Lessons		Family Swim			All welcome				Swim Lessons														
Family Swim							All welcome		Swim Lessons														



All Welcome



Aquababes



Family Swim



Water Fitness



Swim Lessons