



# SWIMMING PROGRAMME

## 20<sup>th</sup> April 2009 – 26<sup>th</sup> July 2009

(excluding 25<sup>th</sup> May – 31<sup>st</sup> May)



DAY	MAIN POOL MORNING	MAIN POOL LUNCH	MAIN POOL AFTERNOON/EVENING	LEARNER POOL
Mon	Adult Members Only 6.00 - 8.30 Relax 'n' Swim 8.30 - 9.15 General Swim 9.15 - 10.00 Water Workout Class 10.00 - 10.45 General Swim 10.45 - 12.00 50+ Only 11.15 - 12.00	Lane Session 12.00 - 2.00 (Rotational Swimming <b>Adults Only</b> )	School 2.00 - 2.45 General Swim 2.45 - 4.00 Arena Swim Club 4.00 - 6.45 General Swim 6.45 - 8.30 Rushmoor Royals 7.30 - 9.30 Adult Lane Session 9.30 - 11.00	General Swim 8.00 - 8.45 Arena Swim Club 8.45 - 12.15 General Swim 12.15 - 1.30 Arena Swim Club 1.30 - 3.30 General Swim 3.30 - 4.00 Arena Swim Club 4.00 - 6.45 General Swim 6.45 - 8.00
Tues	Adult Members Only 6.00 - 8.30 Relax 'n' Swim 8.30 - 9.15 General Swim 9.15 - 9.45 Aqua Post/Ante Natal 9.45 - 10.30 Hydrofit 9.45 - 10.30 Arena Swim Club 10.30 - 12.00 General Swim 11.15 - 12.00	Lane Session 12.00 - 2.00 (Rotational Swimming <b>Adults Only</b> )	School 2.00 - 2.45 General Swim 2.45 - 7.45 Private Lessons 4.00 - 6.00 Water Workout Classes 7.45 - 8.30 Arena Swim Club 8.30 - 10.00 Adults only 10.00 - 11.00	General Swim 8.00 - 9.15 Arena Swim Club 9.15 - 12.15 General Swim 12.15 - 1.00 Arena Swim Club 1.00 - 2.00 General Swim 2.00 - 8.00
Weds	Adult Members Only 6.00 - 8.30 Relax 'n' Swim 8.30 - 9.30 General Swim 9.30 - 10.45 School 9.30 - 10.30 Water Workout Class 10.45 - 11.30 Hydrofit 10.45 - 11.30 Ladies Only 11.30 - 12.00 General Swim 11.30 - 12.00	Lane Session 12.00 - 2.00 (Rotational Swimming <b>Adults Only</b> )	School 2.00 - 2.45 50+ Only 2.00 - 2.45 General Swim 2.45 - 6.15 School 4.30 - 7.00 Adult Lane Session 6.15 - 7.00 Hart Swim Club 7.00 - 8.30 Adults only 8.30 - 11.00	General Swim 8.00 - 11.15 Bobbing Babies 11.15 - 12.15 Arena Swim Club 12.30 - 2.00 School 2.00 - 2.45 General Swim 2.45 - 4.00 Arena Swim Club 4.00 - 5.20 General Swim 5.20 - 8.00
Thur	Adult Members Only 6.00 - 8.30 Relax 'n' Swim 8.30 - 9.15 General Swim 9.15 - 11.00 School 10.00 - 11.00 50+ Only 11.00 - 12.00 50+ Water W/kout Class 11.30 - 12.00	Lane Session 12.00 - 2.00 (Rotational Swimming <b>Adults Only</b> )	Schools 2.00 - 2.45 General Swim 2.45 - 4.00 Arena Swim Club 4.00 - 6.45 Adults Only 6.45 - 7.45 Water Workout Class 7.00 - 8.30 Arena Swim Club 8.30 - 10.00 Adults Only 10.00 - 11.00	General Swim 8.00 - 10.45 Arena Swim Club 10.45 - 2.30 General Swim 2.30 - 4.00 Arena Swim Club 4.00 - 6.45 General Swim 6.45 - 8.00
Fri	Adult Members Only 6.00 - 8.30 Relax 'n' Swim 8.30 - 9.30 Schools 9.00 - 12.00 General Swim 9.30 - 12.00	Lane Session 12.00 - 2.00 (Rotational Swimming <b>Adults Only</b> )	General Swim 2.00 - 9.30 School 4.15 - 6.45 Sandhurst & Yateley 8.30 - 9.30 Adult Lane Session 9.30 - 10.30	General Swim 8.00 - 9.00 School 9.00 - 10.30 General Swim 10.30 - 12.30 Arena Swim Club 12.30 - 2.50 General Swim 3.00 - 8.00
Sat	Saturday AM 6.30 - 8.00 Arena Swim Club 8.00 - 10.45 General Swim 10.45 - 12.30 Private Lessons 10.45 - 12.30	Arena Dolphins 12.30 - 2.15	Mat Play Session 2.15 - 3.15 Fun Session 3.15 - 4.30 Family Lane Session 4.30 - 6.15 (General Swim 6.15 - 7.30 - check at reception for availability) Available for Hire 7.30 - 11.00	Arena Swim Club 8.00 - 10.45 General Swim 10.45 - 12.30 Arena Dolphins 12.30 - 2.15 General Swim 3.15 - 6.15 (General Swim 6.15 - 7.30 - check at reception for availability) Available for Hire 7.30 - 10.30
Sun	Sunrise Splash 6.30 - 8.00 Arena Swim Club 8.00 - 10.45 General Swim 10.45 - 12.30 Private Lessons 10.45 - 12.30	Lane Session 12.30 - 1.30 (Rotational Swimming includes a General Swim Lane)	General Swim 1.30 - 2.30 Mat Play Session 2.30 - 3.30 General Swim 3.30 - 4.30 Fun Session 4.30 - 5.30 General Swim 5.30 - 8.00 Staff Training 7.00 - 8.00# General Swim 8.00 - 9.30 Adults Only 9.30 - 10.30	Arena Swim Club 8.40 - 10.45 General Swim 10.45 - 7.30

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