

<b>MONDAY</b>	
10.00am - 11.00am	LADIES ONLY
12.00noon - 3.00pm	CASUAL SWIM (under 8's must be accompanied by an adult - over 16)
3.00pm - 3.45pm	LOW AQUA
4.00pm - 5.30pm	ADULTS ONLY
5.30pm - 6.30pm	AQUA NATAL
6.30pm - 7.30pm	SWIM FIT
<b>TUESDAY</b>	
9.00am - 10.00am	LADIES ONLY
10.00am - 10.30am	SWIM TOTS
11.00am - 11.45pm	MEN ONLY AEROBICS
12.00noon - 1.00pm	CASUAL SWIM
3.10pm - 4.00pm	ADULTS ONLY
6.30pm - 7.30pm	CASUAL SWIM
8.30pm - 9.30pm	LADIES ONLY
<b>WEDNESDAY</b>	
7.30am - 9.00am	ADULTS ONLY
12noon - 1.00pm	CASUAL SWIM
3.10pm - 4.00pm	ADULT ONLY
6.30pm - 7.00pm	ADULT LESSON
9.00pm - 10.00pm	SWIM FIT
<b>THURSDAY</b>	
9.00am - 11.00am	LADIES ONLY
10.00am - 10.30am	SWIM TOTS
11.00am - 11.45am	LOW AQUA
12.00noon - 1.00pm	CASUAL SWIM
3.10pm - 4.00pm	ADULT ONLY
5.30pm - 6.30pm	CASUAL SWIM

<b>FRIDAY</b>	
12.00noon - 1.00pm	CASUAL SWIM (under 8's must be accompanied by an adult - over 16)
3.10pm - 3.55pm	LOW AQUA
6.00pm - 7.00pm	WET & WILD (FLOATS ONLY)
<b>SATURDAY</b>	
12.30pm - 3.30pm	CASUAL SWIM
3.45pm - 4.45pm	BIRTHDAY PARTIES
<b>SUNDAY</b>	
8.00am - 9.00am	ADULT SWIM
9.00am - 12.00noon	CASUAL SWIM (under 8's must be accompanied by an adult - over 16)

	LS FREESTYLE (£1.50 annual fee)	LS YOUNG ADULT (£1.50 annual fee)	ADULT (22- 59yrs) (£1.50 annual fee)	LS CONCESSION (£1.50 annual fee)	LS SENIOR (£1.50 annual fee)	GP REFERRAL
Early birds/casual swim/accompanied swim/family swim	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Fun and floats	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Swim Tots	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Low aqua aerobics	£2.20	£2.20	£2.20	£2.20	£2.20	£2.20
Adults Only	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Ladies only	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Swim Fit/Lane Swimming	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Adult swim lesson single	-----	£3.90	£3.90	£3.90	£3.90	£3.90
Junior swim lesson x 10	£39.00	-----	-----	-----	-----	-----
Locker token	£0.20	£0.20	£0.20	£0.20	£0.20	£0.20

**Please note that if you forget your Lifestyle Card you will be charged at full price.**

<u>Early birds</u>	An early casual swim session for swimmers aged 14+.
<u>Casual swim</u>	A casual swim session for swimmers. Under 8's need to be accompanied by an adult.
<u>Fun 'n' floats</u>	A fun session with floats provided. Children under 8 must be accompanied by an adult.
<u>Swim Fit/ Lane swimming</u>	Provides a dedicated lane swimming session for adults of all abilities. ◆ Must be 16 years+
<u>Adults only swim</u>	A swimming session dedicated to Adults only (16years+).
<u>Ladies only</u>	As the name suggests, these sessions are dedicated to ladies only. However, we cannot always guarantee female members of staff throughout this session.
<u>Adult swim lesson</u>	Learn new skills in a friendly and relaxed environment.
<u>Low aqua</u>	A gentle exercise to music class in the water. Ideal for people with back problems.