

# SUMMER PROGRAMME: Main Pool 26th July - 1st August 2010

	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
MON	Swim Club	2 Lanes	2 Lanes	50+ 2 Lanes	2 Lanes	Adult Lessons				Swimming Lessons 4.00 - 6.15 pm		2 Lanes	2 Lanes		
	1 Lane												General Swim	Adults Only	
	Early Birds Swim	Eaurobics	General Swim	50+	General Swim	General Swim									
TUE	Swim Club	BURST Course 9.00 - 10.30 am		2 Lanes		Adult Lessons	2 Lanes			Swimming Lessons 4.00 - 6.15 pm		Adult Lessons	Adult Lessons	2 Lanes	
	1 Lane			*General Swim		General Swim	General Swim						Adults Only	Ladies Only	
	Early Birds Swim														
WED	2 Lanes	BURST Course 9.00 - 10.30 am		2 Lanes	Disabled Swim	2 Lanes				Swimming Lessons 4.00 - 6.15 pm		2 Lanes	2 Lanes		
	Early Birds Swim			General Swim		General Swim						General Swim	Adults Only		
THU	Swim Club	BURST Course 9.00 - 10.30 am		2 Lanes						Swim Club	Richmond Dales Swimming Club				
	1 Lane			General Swim											
	Early Birds Swim														
FRI	Swim Club	2 Lanes	BURST Course 9.00 - 10.30 am		2 Lanes	50+ 2 Lanes	2 lanes		2 Lanes	Swimming Lessons 4.15 - 5.45pm		Richmond Dales Swimming Club		2 lanes	
	1 Lane				General Swim	50+	Eaurobics	Staff Training			General Swim			Adults Only	
	Early Birds Swim														
SAT	2 Lanes	Swimming Lessons 9.00 - 12.30 pm				Fun Session	2 Lanes								
	Early Birds Swim						General Swim				Closed				
SUN	2 Lanes	2 Lanes						Richmond Dales Swimming Club							
	Early Birds Swim	General Swim													