

SUMMER PROGRAMME: Main Pool 2nd August - 8th 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					2 Lanes
	1 Lane														
	Early Birds Swim	Eaurobics	General Swim	50+						General Swim					Adults Only
TUE	Swim Club	BURST Course	2 Lanes							2 Lanes			2 Lanes	2 Lanes	2 Lanes
	1 Lane	9.00 - 10.00 am	General Swim				Fun Session			General Swim			Adults Only	Ladies Only	
	Early Birds Swim														
WED	2 Lanes	BURST Course	2 lanes							2 Lanes					2 Lanes
	Early Birds Swim	9.00 - 10.00 am	General Swim	Disabled Swim						General Swim					Adults Only
THU	Swim Club	BURST Course	2 Lanes							2 Lanes	Swim Club				
	1 Lane	9.00 - 10.00 am	General Swim				Fun Session			General Swim		Richmond Dales Swimming Club			
	Early Birds Swim														
FRI	Swim Club	2 Lanes	BURST Course	2 lanes	50+ 2 Lanes	2 lanes				2 Lanes					
	1 Lane		9.00 - 10.00 am	General Swim	50+	Eaurobics		Staff Training		General Swim			Richmond Dales Swimming Club		2 lanes
	Early Birds Swim														Adults Only
SAT	2 Lanes	2 Lanes								2 Lanes					
	Early Birds Swim	General Swim				Fun Session				General Swim		Closed			
SUN	2 Lanes	2 Lanes													
	Early Birds Swim	General Swim									Richmond Dales Swimming Club				