## Swimming pool timetable

**25 March to 15 April 2024**

<table>
<thead>
<tr>
<th>Mon 25</th>
<th>Tues 26</th>
<th>Wed 27</th>
<th>Thu 28</th>
<th>Fri 29</th>
<th>Sat 30</th>
<th>Sun 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00 - 9.00 Lane swim (6)</td>
<td>07.30 - 9.00 Lane swim (6)</td>
<td>07.30 - 9.00 Lane swim (6)</td>
<td>07.30 - 9.00 Lane swim (6)</td>
<td>07.30 - 9.00 Lane swim (6)</td>
<td>08.00 - 9.00 Lane swim (5)</td>
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<tr>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Casual swim</td>
<td>10.30 - 12.00 Lane swim (4)</td>
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<tr>
<td>12.00 - 13.30 Lane swim (6)</td>
<td>12.00 - 13.30 Lane swim (6)</td>
<td>12.00 - 13.00 Lane swim (6)</td>
<td>12.00 - 13.30 Lane swim (6)</td>
<td>12.00 - 13.30 Lane swim (6)</td>
<td>12.30 - 13.30 Mission Inflatable</td>
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</tr>
<tr>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 16.00 Lane swim (6)</td>
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<tr>
<td>16.00 - 17.30 Lane swim (5)</td>
<td>16.00 - 17.30 Lane swim (5)</td>
<td>16.00 - 18.00 Lane Swim (5)</td>
<td>16.00 - 17.30 Lane swim (5)</td>
<td>16.00 - 19.00 Lane swim (5)</td>
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<tr>
<td>17.30 - 19.00 Lane swim (5)</td>
<td>17.30 - 19.00 Lane swim (5)</td>
<td>17.30 - 19.00 Lane swim (5)</td>
<td>17.30 - 19.00 Lane swim (5)</td>
<td>18.30 - 20.00 Lane swim (4)</td>
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</tr>
<tr>
<td>20.00 - 20.55 Women Only Swim*</td>
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</tbody>
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*Women Only Swim is adults only (available to over 16's)

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**Mission Inflatable**

Available for private hire!

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**BOOK A SWIM SESSION**

(UOB Active app)
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**25 March to 15 April 2024**

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<thead>
<tr>
<th>Mon 1</th>
<th>Tues 2</th>
<th>Wed 3</th>
<th>Thu 4</th>
<th>Fri 5</th>
<th>Sat 6</th>
<th>Sun 7</th>
</tr>
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<tr>
<td>08.00 - 9.00 Lane swim (6)</td>
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<td>07.30 - 9.00 Lane swim (6)</td>
<td>08.00 - 9.00 Lane swim (5)</td>
<td>09.00 - 10.00 Lane swim (6)</td>
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<tr>
<td>09.00 - 11.00 Swim School</td>
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<td>09.00 - 11.00 Swim School</td>
<td>09.00 - 11.00 Swim School</td>
<td>09.00 - 10.30 Lane Swim (4)</td>
<td>10.05 - 11.00 Casual swim</td>
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<tr>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Community exercise</td>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Casual swim</td>
<td>11.00 - 11.55 Casual swim</td>
<td>10.30 - 12.00 Lane swim (4)</td>
<td>11.00 - 12.00 Lane swim (6)</td>
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<tr>
<td>12.00 - 13.30 Lane swim (6)</td>
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<td>12.00 - 13.30 Lane swim (6)</td>
<td>12.00 - 13.30 Lane swim (6)</td>
<td>12.30 - 13.30 Mission Inflatable</td>
<td>12.00 - 14.00 Private hire</td>
</tr>
<tr>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 15.55 Mission Inflatable</td>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 15.55 Casual swim</td>
<td>15.00 - 16.00 Lane swim (6)</td>
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<td>16.00 - 18.00 Lane swim (5)</td>
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During Swim School sessions, the teaching pool is unavailable for use.
## Swimming pool timetable

25 MARCH TO 15 APRIL 2024

### Mon 8
- **08.00 - 09.00** Lane swim (6)
- **09.00 - 11.00** Swim School
- **11.00 - 11.55** Casual swim
- **12.00 - 13.30** Lane swim (6)
- **13.35 - 14.30** Casual swim
- **15.00 - 15.55** Casual swim
- **16.00 - 18.00** Lane swim (5)
- **18.00 - 20.00** Lane swim (4)

### Tues 9
- **07.30 - 09.00** Lane swim (6)
- **09.00 - 11.00** Swim School
- **11.00 - 11.55** Community exercise
- **12.00 - 13.30** Lane swim (6)
- **13.35 - 14.30** Mission Inflatable
- **15.00 - 15.55** Casual swim
- **16.00 - 17.30** Lane swim (5)

### Wed 10
- **07.30 - 09.00** Lane swim (6)
- **09.00 - 11.00** Swim School
- **11.00 - 11.55** Casual swim
- **12.00 - 13.30** Lane swim (6)
- **13.35 - 14.30** Mission Inflatable
- **15.00 - 15.55** Casual swim
- **16.00 - 17.30** Lane swim (5)

### Thu 11
- **07.30 - 09.00** Lane swim (6)
- **09.00 - 11.00** Swim School
- **11.00 - 11.55** Casual swim
- **12.00 - 13.30** Lane swim (6)
- **13.35 - 14.30** Mission Inflatable
- **15.00 - 15.55** Casual swim
- **16.00 - 17.30** Lane swim (5)

### Fri 12
- **07.30 - 09.00** Lane swim (6)
- **09.00 - 11.00** Swim School
- **11.00 - 11.55** Casual swim
- **12.00 - 13.30** Lane swim (6)
- **13.35 - 14.30** Mission Inflatable
- **15.00 - 15.55** Casual swim
- **16.00 - 17.30** Lane swim (5)

### Sat 13
- **08.00 - 09.00** Lane swim (5)
- **09.00 - 10.30** Lane Swim (4)
- **10.05 - 11.00** Casual swim
- **11.00 - 11.55** Casual swim
- **12.00 - 13.30** Lane swim (4)
- **13.35 - 14.30** Casual swim
- **15.00 - 15.55** Casual swim

### Sun 14
- **09.00 - 10.00** Lane swim (6)
- **10.05 - 11.00** Casual swim
- **11.00 - 11.55** Casual swim
- **12.00 - 13.30** Lane swim (4)
- **13.35 - 14.30** Casual swim
- **15.00 - 15.55** Casual swim

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