NSC Training Pool Timetable - Summer Holidays

(Weeks Beginning 01/08,15/08,29/08,05/09)

		7.00am 8.00am	9.00am 10.0	00am 11.00am	12.00pm 1.00pm	2.00pm 3.00	pm 4.00pm 5.00	pm 6.00pm	7.00pm	8.00pm				
Monday	Deep Water	Early Bird	Lane Swimming 9.00am - 7.15pm											
	Shallow Water	Lane Swimming 7.00 – 9.00am	Aquafit 9:30 – 10:15	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2: - 4:00	Swim 4 Me 4:00 - 5:30	DW Aquafit 6:00-6:45		rate Hire 0 – 9:00				
Tuesday	Deep Water	Staff Training 8.00-9.00	Lane Swimming 9:00am – 9:00pm											
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Session – 12:00	Fun Session 12:30 – 2:00			General Swim 4:30 – 5:45 Adult Lessons 6:00-6:45						
Wednesday	Deep Water	Early Bird	Lane Swimming 9:00am – 9:00pm											
	Shallow Water	Lane Swimming 7.00 – 9.00am		Session – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00		General Swim 4:30 – 9:00						
Thursday	Deep Water	Early Bird	Lane Swimming 9:00am — 8:00pm											
marsaay	Shallow Water	Lane Swimming 7.00 – 9.00am	Aquafit 9:30 – 10:15	Quiet Session 10:30 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00		DW Aquafit 6:00 – 6:45		vate Hire 0 – 9:00				
Friday	Deep Water	Early Bird	Lane Swimming 9:00am – 5:30pm											
	Shallow Water	Lane Swimming 7.00 - 9.00am		Session – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	Swim	5	5:45 – 9:00					
Saturday	Deep Water	Closed						Closed						
	Shallow Water	Closed	General Swim 9:00 – 10:15	Fun Session 10:45 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00	4 20 6 00	n '	Deep Clean					
Sunday	Deep Water				Private	Private Hire								
	Shallow Water	Closed	General Swim 9:00 – 10:15	Fun Session 10:45 – 12:00	Fun Session 12:30 – 2:00	Fun Session 2:30 – 4:00		n 6:00 –	6:00 – 8:00					

Fun Session
General Swim

Rafts / Floats / Toys in the water and no lane ropes

No rafts / floats or toys and no lane ropes. Suitable for swimmers not confident in swimming in the 1.8m depth pool

NSC Training Pool Timetable - Summer Holidays

(Weeks Beginning 08/08,22/08)

		7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm
Monday	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am - 7.15pm											
	Shallow Water			Aquafit 9:30 – 10:15			_	DW Aquafit 6:00-6:45		Private Hire 7:30 – 9:00					
Tuesday	Deep Water		Staff Training 8.00-9.00	Lane Swimming 9:00am – 9:00pm											
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		Crash Course 9:00 – 10:00		iet Session 30 – 12:00		un Session 2:30 – 2:00		un Session 30 – 4:00	General Swim 4:30 – 5:45		Adult Lessons 6:00-6:45	General Swim 7:00 – 9:00	
Wednesday	Deep Water	Farl	Early Bird Lane Swimming 7.00 – 9.00am	Lane Swimming 9:00am – 9:00pm											
	Shallow Water	Lane S		Crash Course 9:00 – 10:00							General Swim 4:30 – 9:00				
Thursday	Deep Water		Early Bird Lane Swimming	Lane Swimming 9:00am – 8:00pm								Staff Training 8:00-9:00			
	Shallow Water		- 9.00am	Crash Course 9:00 – 10:00		iet Session 30 – 12:00		un Session 2:30 – 2:00		un Session 30 – 4:00		ral Swim - 5:45	DW Aquafit 6:00 – 6:45		Private Hire 7:00 – 9:00
Friday	Deep Water	Early Bird Lane Swimming		Lane Swimming 9:00am – 5:30pm								Private Hire 5:45 – 9:00			
	Shallow Water		- 9.00am	Crash Course 9:00 – 10:00	09:0	00 – 12:00		un Session 2:30 – 2:00		un Session 30 – 4:00		ral Swim - 5:30			
Saturday	Deep Water	Closed		Lane Swimming 9.00am – 6.00pm											
	Shallow Water			General Swim 9:00 – 10:15		ın Session 45 – 12:00		un Session 1:30 – 2:00		in Session 30 – 4:00		eral Swim 30 – 6:00	Deep (Closed	
Sunday	Deep Water	C	Closed	Lane Swimming 9.00am – 5.30pm							Private	Private Hire			
	Shallow Water	Clo		General Swim 9:00 – 10:15		ın Session 45 – 12:00		un Session 2:30 – 2:00		in Session 30 – 4:00		eral Swim 80 – 5:30	6:00 –	Closed	
Fun Sessi	ion	Rafts	/ Floats / Toy	s in the water a	nd no lane r	opes									

No rafts / floats or toys and no lane ropes. Suitable for swimmers not confident in swimming in the 1.8m depth pool

General Swim