

# LICHFIELD POOL PROGRAMME

## SEPTEMBER-NOVEMBER 2018

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
06.30						Opens 07.30	
07.00							
07.30							
08.00							
08.30							
09.00							
09.30	Aqua 09.30 - 10.10	Aqua 09.30 - 10.15	Aqua 09.30 - 10.15	Aqua 09.45 - 10.30			
10.00	Aqua 10.15 - 11.00						
10.30					Aqua 10.30-11.15		
11.00							
11.30	Swim Lessons 11.30 - 12.30						
12.00					Swim Lessons 11.00-13.00	Family Splash 12.00 - 13.00	Family Splash 12.00 - 13.00
12.30	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Aqua 13.00 - 13.45
13.00							
13.30							
14.00							
14.30							
15.00							
15.30							
16.00		Swim Lessons 16.00 - 18.00	Swim Lessons 16.00 - 18.00	Swim Lessons 16.00 - 18.00	Swim Lessons 16.00 - 18.00	Family Splash 16.00 - 17.00	Family Splash 16.00 - 17.00
16.30							
17.00							
17.30							
18.00							
18.30							
19.00							
19.30	Aqua 19.45 - 20.30		Aqua 19.30-20.15				
20.00						Closes 20.00	Closes 20.00
20.30							
21.00							
21.30							

**Aqua** - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

**FAMILY TIMES AND SPLASH TIMES**  
- lane restrictions apply

**HEALTH CLUB  
OPENING TIMES**  
6.30am - 10.00pm Weekdays  
7.30am - 8.00pm Weekends

### SWIMMING SCHOOL

We offer both group and one to one lessons for Children and Adults of all abilities with our qualified swimming instructors. See Reception for more details.