Н	alifa	ifax Swimming Pool - 25 July to 21 august 2016 (Weeks 1 to 4)																		Μ	ain	n Pool								
	6.30	7.00		7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30 9.00
day		30 – 0am n Fit	1					7.00am – 12.00noon Swim for All					12.00 – 1.30pm Adult Only			1		– 3.00pm	ı	3.15 – 7. Swim fo	4.30 – 7.30pm Length Swimming					7.30 – 9.00p Adults Onl				
Monday		7.00 – 8.30am Lane Swimming					09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception						12.15 – 1.00pm Aqua Fit			Fun Swim Pool cleared at 3.00				3.15 – 4.19 Diving Boa	4.30 – 6.30pm Swimming Club 7.3					30 – 0pm n Fit +	+		8.15– 9.00pm Aqua Fit	
ay						•	7.00am – 12.00noon Swim for All 09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception						12.00 – 1.30pm			1.45 – 3.00pm				3.15 – 7.00pm Swim for All						0 – 8.00pm Lane vimming	ane 8.00 – 9			
Tuesday			7.00 – .ane S											30pm nly	Poo		n Swim eared at 3	3.00	3.00 – 3.45 Aqua F		5.00 – 7.00pm Swimming Club In week 1 and 4 only					A	0 – 8.00pm Deep Water Aqua Fit	8.0 8.45 Aqua	ipm	
Wednesday		30 – 0am n Fit	l i				7.00am – 12.00noon Swim for All						12.00 – 1.30pm			1.45 – 3.00pm Fun Swim					3.15 – 7.00pm Swim for All						00-8.00pm vimming Club n week 1&4		0 – 9.15pm Aqua Club	
Wedr			7.00 – 8.30am Lane Swimming				09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception					Adult Only			Pool cleared at 3.00			8.00	3.15 – 4. Diving B				– 6.00p Swimmi		6.00 – 7.00pn Stroke Skills	n Ə	7.00 – 8.00pm Swim Fit	n		
day								7.00am – 12.00noon Swim for All					Swim for All Adult Only 1.45						١				2	8.15 – 7.	0000				) – 9.3	
Thursday			7.00 – 8.30am Lane Swimming				09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception						12.15 – 1.00pm Aqua Fit			Poo		n Swim eared at 3	8.00	3.15 – 4. Diving B			Swim fc				Swin In weel	nming < 1 and		
уя						_	7.00am – 12.00noon Swim for All							12.00 – 1.30pm Adult Only		1	1.45 – 3.00pm					3.15 – 7.00pm Swim for All					8 L Sw	7.00 – 3.00pm ₋ength vimming		) – 9.15pm wimming
Friday		7.00 – 8.30am Lane Swimming					09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception					12.15 – 1.15pm Aqua Fit			Fun Swim Pool cleared at 3.00				3.15 – 4. Diving B	Swimming Club				7.00pm roke kills	8 Sv &	7.00 – 8.00pm wim fit + & junior swim fit	In w	Club eek 1 and 4 only		
Saturday				7.30-8 Swim Clu 7.3 8.30 Lai Swim	<mark>ming ub</mark> 0– 0am ne		8.30am - 11.30am Closed					11.30an 12.45p ving Bo 1.30ar 12.45p wim fo		00 – 2. Fun Sw ool clear 2.15	vim red a	at :		4.00pm Lane	(					sed						
lay	a														– 4.30 for A							La S	adies Swimn							
Sunday							9.00 – 11.00am Lane Swimming							3.30p oards	3.30pm			3.30 – - La Swim	4.30 5.30p Aqua I	m		Closed								

Hali	lalifax Swimming Pool - 25 July to 21 august 2016 (Weeks 1 to														o 4) Teaching Po								
	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	
Monday	9.00 – 11.30am Teaching Pool Closed									l	45 – 3.00 Fun Swir cleared 3	n N			5.00pm Swimming	)					Clo	sed	
Tuesday	1		) – 11.3 ng Poo		ed		11.30am Family S			l	45 – 3.00 Fun Swir cleared 3	n			5.00pm Swimming	)		5.00 – Crash Swimmir ase Booł	Clo	sed			
Wednesday			1.00am g Pool ed		NDING			0am – 1.: ily Swim		l	45 – 3.00 Fun Swir cleared 3	N			5.00pm Swimming	)		5.00 – Crash Swimmir ase Book		8.00pm for All			
Thursday	Т		) – 11.3 ng Poo		ed		11.30am Family S			l	45 – 3.00 Fun Swir cleared 3	'n			5.00pm Swimming	)		Crash Swimmir		Source of		sed	
Friday	Г		) – 11.3 ng Poo		ed		11.30am Family S			l	45 – 3.00 Fun Swir cleared 3	N			5.00pm Swimming	)	Plea	5.00 – Crash Swimmir ase Boo <del>l</del> Rec		8.00pm for All			
Saturday	9.00am – 1.00pm <u>1.00</u> Teaching Pool Closed <sup>Fur</sup>														Τe	eachin	ching Pool Closed						
Sunday	9.00am – 4.30pm Family Swimming																30 – 6.00 .adies Or			Clo	sed		
a Fit – Wat ily Fun Sw						adults ar	companyi	na childre	n under			– swimmi <b>iing</b> – Lai				omers 14-			h lane roi	nes will be	provided		

Aqua Fit – Water based aerobics for over 14 year olds. Family Fun Swims – A Fun session with toys and floats For adults accompanying children under 5 years Teaching pool Family Swimming - A time for families to swim with children under 8s Fun Swims – A wild and wacky time for children 14 years and under. Giant floats available. No adults unless accompanying children under 14 years. (children under 11 years Teaching pool)	Ladies Only – swimming sessions for female customers 14+ years of age. Lane Swimming – Lane swimming only for customers 11+ years of age. Length lane ropes will be provided usually for fast, medium and slow swimmers Swimfit –For Adults who might train competitively Stroke Skills – Adult who wish to improve stroke technique over a length Swim for all - Anyone can swim. Length Swimming – length only swimming for 11+ years. *Please note that lanes may be introduced during busy swimming times for your own safety. Length lane ropes are provided usually for fast medium and slow swimmers
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Hal	lifax	fax Swimming Pool - 22 August to 4 September 2016 (Weeks 5 to 6)														Main Pool														
	6.30	7.00	7.30	8.00	8 30	9.00 0.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Monday	7.3	.30 – 30am im Fit+			-		7.00am – 12.00pm						12.00 – 1.30pm Adult Only				1.45 – 3.00pm – Fun Swim					4.30 - 7 - 7.30p	· ·			-	A S	7.30-9.00pm Adult Only Swimming		
Moi		7.( Lar		Swim for All						12.15 – 1.00pm Aqua Fit				Full Swim			3.15 4.15pm 4.30 - 6.30p Diving Boards Swimming C								pm ult over son	8.15- 9.00pm Aqua Fit				
Monday			)0 – 8.3 ie Swin			Swimm	30 – 10.30 imming Club x 25 lanes					7.00am – 3.00pm Swim for All								Week Bank Holi						0				
Tuesday					_		7.00am – 12.00pm								· 1.30pm 1.		1.45 – 3.00pm				3.15 – 7.00pm Swim for All					7.00 – 8.00pm Lane Swimming		W	8.00 – 9.30pm Water Polo Cl	
Tue		Lar	)0 – 8.3 ie Swin				Swim for All						Adult Only				Fun S		- 3.45 ua fit		5.00 Swim				7.00 – 8.00pm Deep Wat Aquafit		8.00 8.45 Aqua	pm		
Wednesday	7.	.30 – 30am im Fit+					7.00am – 12.00pm Swim for All						12.00 – 1.30pm Adult Only			1	1.45 – 3.00pm Fun Swim			Swim fo			.15 – 7.00pm Swim for All			7.00 - 8 Swimi Clu	ming Ib	8.00 – 9.15pn Sub Aqua Clu		
Wed			)0 – 8.3 ie Swim															4.1	15 – I5pm J Boards		ne Swim .30 – 6		Skille Swim			vim Fit+ 10 - 8.00			Olub	
Thursday			)0 – 8.3 ie Swim					0am – 1 Swim fo		m		12.00 – 1.30 Adult Only 12.15 – 1.00 Aqua Fit			y )pm	. 1	I.45 – 3 Fun S		3.1 4.00 Swim 3.15 - 3.45pr Diving Board	Opm for All m g			ning Le 00 – 7.0						9.30pm ng Club	
ĥ							7.0	0am – 1	10.00-					00 – 1.30pm Adult Only			1.45 – 3.00pm Fun Swim		Doard	Boards		3.15 – 7.00pm Swim for All				7.00 – 8.00pm Length Swimming				15pm
Friday			)0 – 8.3 ie Swin	nming				Swim fo					12.15 – 1.15pm Aqua Fit						4.1 Div	15 – 5pm ving pards		5.00-6.00 Swimming Club		7.0	6.00- 7.00pm Stroke skills Junic		3.00pm Fit+ & Swim		Swimm Club	
rday		sed	8.3 Swi	30- 30am mming Club							1	.30am 2.45p ng Bo	m	1.00	– 2.15p	m		2.30 – 4 Swim f												
Saturday		O Swimming Club O 7.30 – O 8.30am Lane Swimming		S	Swimming Lessons 11.3					.30an 2.45p n for A	m	Fu	in Swim		2.30 - 3.00pr Diving Board	n 3.00 - L Sw	– 4.00pm ₋ane imming			- 6.00p o Lesso		Close					γd			
day														4.30pm or All								30 – 6.0 .adies c				<b>.</b>				
Sune	Closed					9.00 – 11.00am Lane Swimming						11.00 - 3.30pm Diving Boards						4.3 La	30 – Opm ane nming		) – 5.30 qua Fit	om	Closed							

Halif	ax S	ax Swimming Pool - 22 August to 4 September 2016 (Weeks 5 to 6)																	Теа	chir	ng Poo	ol		
	00.6	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30
Monday	Te			.30am ol Clos		11.30am – 1.30pm Family Swimming					1.45 – 3. Fun Sv Pool cle 3.00p	Fa	3.15-4.00pm Family Swimming			.00 – 7 mming				7.00 – 7.30pm Family <sup>Swimming</sup>	7.3 8.15 Adu Spee Nee	pm 9.00pm ult Adult cial Beginner		
Monday - Week 5 29 August only Bank Holiday Teaching Pool Closed																								
Tuesday	Te			.30am ol Clos		11.30am – 1.30pm Family Swimming					1.45 – 3. Fun Sv Pool cle 3.00p	wim ared	Fa	4.00pm mily nming			.00 — 7 mming				7.15 - 8.00pm Adult Beginner Lessons		8.00-8.45pm Adult Improvers	
Wednesday		-	1.00a ng Po sed	im	Diskep PIXA	RY		2.00am – amily Sw			1.45 – 3. Fun Sv Pool cle 3.00p	wim ared	Fa	4.00pm mily nming			.00 — 7 mming				7.00 - 8.00pm Family Swimming		Sub	9.00pm Aqua Iub
Thursday	Te			.30am ol Clos		11.30am – 1.30pm Family Swimming					1.45 – 3. Fun Sv Pool cle 3.00p	wim ared	Fa	4.00pm mily nming			.00 – 7 mming					7.00 – 9.00p Swimming Cl		
Friday	Te			.30am ol Clos		11.30am – 1.30pm Family Swimming					1.45 – 3. Fun Sy Pool cle 3.00p	wim ared	Fa	4.00pm amily imming Swimming Lessons 7.00 – 8.00pr Family Swimming						nily .	Swir	9.00pm nming lub		
Saturday					– 12.4 ng Les					– 2.15 n Swir							С	losed						
Sunday	9.00am – 4.30pm Family Swimming														4.30 – 6.00pm Ladies Only									