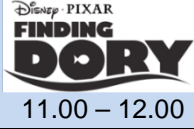


# Halifax Swimming Pool - 25 July to 21 August 2016 (Weeks 1 to 4)

## Main 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
Monday	6.30 – 7.30am Swim Fit+	7.00am – 12.00noon Swim for All										12.00 – 1.30pm Adult Only	1.45 – 3.00pm Fun Swim		3.15 – 7.30pm Swim for All		4.30 – 7.30pm Length Swimming					7.30 – 9.00pm Adults Only								
		7.00 – 8.30am Lane Swimming		09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception				12.15 – 1.00pm Aqua Fit		Pool cleared at 3.00		3.15 – 4.15pm Diving Boards		4.30 – 6.30pm Swimming Club In week 1 and 4 only		6.30 – 7.30pm Swim Fit +		8.15– 9.00pm Aqua Fit												
Tuesday		7.00am – 12.00noon Swim for All										12.00 – 1.30pm Adult Only	1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All					7.00 – 8.00pm Lane Swimming	8.00 – 9.30pm Water Polo Club									
		7.00 – 8.30am Lane Swimming		09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception				12.15 – 1.00pm Aqua Fit		Pool cleared at 3.00		3.00 – 3.45pm Aqua Fit		5.00 – 7.00pm Swimming Club In week 1 and 4 only		7.00 – 8.00pm Deep Water Aqua Fit		8.00 – 8.45pm Aqua Fit												
Wednesday	6.30 – 7.30am Swim Fit+	7.00am – 12.00noon Swim for All										12.00 – 1.30pm Adult Only	1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All					7.00-8.00pm Swimming Club In week 1&4	8.00 – 9.15pm Sub Aqua Club									
		7.00 – 8.30am Lane Swimming		09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception				12.15 – 1.00pm Aqua Fit		Pool cleared at 3.00		3.15 – 4.15pm Diving Boards		4.30 – 6.00pm Lane Swimming		6.00 – 7.00pm Stroke Skills		7.00 – 8.00pm Swim Fit +												
Thursday		7.00am – 12.00noon Swim for All										12.00 – 1.30pm Adult Only	1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All					7.00 – 9.30pm Swimming Club In week 1 and 4 only										
		7.00 – 8.30am Lane Swimming		09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception				12.15 – 1.00pm Aqua Fit		Pool cleared at 3.00		3.15 – 4.15pm Diving Boards																		
Friday		7.00am – 12.00noon Swim for All										12.00 – 1.30pm Adult Only	1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All					7.00 – 8.00pm Length Swimming	8.00 – 9.15pm Swimming Club In week 1 and 4 only									
		7.00 – 8.30am Lane Swimming		09.00 - 12.00 Crash Courses – Synchronised swimming & Diving Book at reception				12.15 – 1.15pm Aqua Fit		Pool cleared at 3.00		3.15 – 4.15pm Diving Boards		5.00 – 6.00pm Swimming Club In week 1 and 4 only		6.00-7.00pm Stroke Skills		7.00 – 8.00pm Swim fit + & junior swim fit												
Saturday		7.30-8.30am Swimming Club		8.30am - 11.30am Closed				11.30am – 12.45pm Diving Boards		1.00 – 2.15pm Fun Swim		2.30 – 4.30pm Swim for All			Closed															
		7.30– 8.30am Lane Swimming						11.30am - 12.45pm Swim for All		Pool cleared at 2.15		2.30 – 3.00pm Diving Boards		3.00 – 4.00pm Lane Swimming																
Sunday						9.00am – 4.30pm Swim for All										4.30 – 6.00pm Ladies Only Swimming			Closed											
				9.00 – 11.00am Lane Swimming			11.00am – 3.30pm Diving Boards						3.30 – 4.30pm Lane Swimming		4.30 – 5.30pm Aqua Fit															

Halifax Swimming Pool - 25 July to 21 August 2016 (Weeks 1 to 4)																	Teaching Pool					
	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				11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim Pool cleared 3.00pm			3.15 – 5.00pm Family Swimming				5.00 – 7.00pm Crash Course Swimming Lessons Please Book At Reception			Closed			
Tuesday	9.00 – 11.30am Teaching Pool Closed				11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim Pool cleared 3.00pm			3.15 – 5.00pm Family Swimming				5.00 – 7.00pm Crash Course Swimming Lessons Please Book At Reception			Closed			
Wednesday	9.00 – 11.00am Teaching Pool Closed		 11.00 – 12.00		12.00am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim Pool cleared 3.00pm			3.15 – 5.00pm Family Swimming				5.00 – 7.00pm Crash Course Swimming Lessons Please Book At Reception			7.00 – 8.00pm Swim for All			
Thursday	9.00 – 11.30am Teaching Pool Closed				11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim Pool cleared 3.00pm			3.15 – 5.00pm Family Swimming				5.00 – 7.00pm Crash Course Swimming Lessons Please Book At Reception			Closed			
Friday	9.00 – 11.30am Teaching Pool Closed				11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim Pool cleared 3.00pm			3.15 – 5.00pm Family Swimming				5.00 – 7.00pm Crash Course Swimming Lessons Please Book At Reception Reception			7.00 – 8.00pm Swim for All			
Saturday	9.00am – 1.00pm Teaching Pool Closed								1.00 – 2.15pm Fun Swim		Teaching Pool Closed											
Sunday	9.00am – 4.30pm Family Swimming												4.30 – 6.00pm Ladies Only			Closed						


**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**

Halifax 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	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	6.30 – 7.30am Swim Fit+	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		4.30 – 7.30pm Length Swimming						7.30-9.00pm Adult Only Swimming								
	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.15 – 1.00pm Aqua Fit		1.45 – 3.00pm Fun Swim		3.15 – 4.15pm Diving Boards		4.30 – 6.30pm Swimming Club		6.30 – 7.30pm Swim Fit+		7.30 - 8.15pm Adult Improver Lesson	8.15- 9.00pm Aqua Fit							
Monday	7.00 – 8.30am Lane Swimming	8.30 – 10.30 Swimming Club 3 x 25 lanes		7.00am – 3.00pm Swim for All										Week 5 29 August only Bank Holiday Opening Times																
Tuesday	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All			7.00 – 8.00pm Lane Swimming	8.00 – 9.30pm Water Polo Club										
	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		3.00 – 3.45 Aqua fit	5.00 – 7.00pm Swimming Club		7.00 – 8.00pm Deep Water Aquafit	8.00 – 8.45pm Aqua Fit										
Wednesday	6.30 – 7.30am Swim Fit+	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All				7.00 – 8.00pm Swimming Club	8.00 – 9.15pm Sub Aqua Club									
	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		3.15 – 4.15pm Diving Boards	Lane Swimming 4.30 – 6.00	Stroke Skills 6.00 -7.00	Swim Fit+ 7.00 – 8.00	8.00 – 9.15pm Sub Aqua Club										
Thursday	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		3.15 – 4.00pm Swim for All	Swimming Lessons 4.00 – 7.00		7.00 – 9.30pm Swimming Club											
	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.15 – 1.00pm Aqua Fit		1.45 – 3.00pm Fun Swim		3.15 – 3.45pm Diving Boards	Swimming Lessons 4.00 – 7.00		7.00 – 9.30pm Swimming Club											
Friday	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.00 – 1.30pm Adult Only		1.45 – 3.00pm Fun Swim		3.15 – 7.00pm Swim for All			7.00 – 8.00pm Length Swimming	8.00 – 9.15pm Swimming Club										
	7.00 – 8.30am Lane Swimming	7.00am – 12.00pm Swim for All										12.15 – 1.15pm Aqua Fit		1.45 – 3.00pm Fun Swim		3.15 – 4.15pm Diving Boards	5.00-6.00 Swimming Club	6.00-7.00pm Stroke skills	7.00-8.00pm Swim Fit+ & Junior Swim Fit	8.00 – 9.15pm Swimming Club										
Saturday	Closed	7.30-8.30am Swimming Club	8.30 – 11.30am Swimming Lessons						11.30am – 12.45pm Diving Boards		1.00 – 2.15pm Fun Swim		2.30 – 4.30pm Swim for All		Closed															
		7.30 – 8.30am Lane Swimming	8.30 – 11.30am Swimming Lessons						11.30am – 12.45pm Swim for All		1.00 – 2.15pm Fun Swim		2.30 – 3.00pm Diving Boards	3.00 – 4.00pm Lane Swimming	4.00 – 6.00pm Synchro Lessons															
Sunday	Closed					9.00am – 4.30pm Swim for All										4.30 – 6.00pm Ladies only		Closed												
	Closed					9.00 – 11.00am Lane Swimming		11.00 – 3.30pm Diving Boards				3.30 – 4.30pm Lane Swimming	4.30 – 5.30pm Aqua Fit																	

Halifax Swimming Pool - 22 August to 4 September 2016 (Weeks 5 to 6)																	Teaching Pool								
	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	
<b>Monday</b>	9.00 – 11.30am Teaching Pool Closed					11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim  Pool cleared 3.00pm		3.15-4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons					7.00 – 7.30pm Family Swimming		7.30- 8.15pm Adult Special Needs	8.15- 9.00pm Adult Beginner Lesson			
<b>Monday - Week 5 29 August only Bank Holiday Teaching Pool Closed</b>																									
<b>Tuesday</b>	9.00 – 11.30am Teaching Pool Closed					11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim  Pool cleared 3.00pm		3.15-4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons					7.15 - 8.00pm Adult Beginner Lessons		8.00-8.45pm Adult Improvers				
<b>Wednesday</b>	9.00 – 11.00am Teaching Pool Closed			 11.00 – 12.00		12.00am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim  Pool cleared 3.00pm		3.15-4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons					7.00 - 8.00pm Family Swimming		8.00-9.00pm Sub Aqua Club				
<b>Thursday</b>	9.00 – 11.30am Teaching Pool Closed					11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim  Pool cleared 3.00pm		3.15-4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons					7.00 – 9.00pm Swimming Club						
<b>Friday</b>	9.00 – 11.30am Teaching Pool Closed					11.30am – 1.30pm Family Swimming				1.45 – 3.00pm Fun Swim  Pool cleared 3.00pm		3.15-4.00pm Family Swimming		4.00 – 7.00pm Swimming Lessons					7.00 – 8.00pm Family Swimming		8.00-9.00pm Swimming Club				
<b>Saturday</b>	8.30am – 12.45pm Swimming Lessons								1.00 – 2.15pm Fun Swim		Closed														
<b>Sunday</b>	9.00am – 4.30pm Family Swimming														4.30 – 6.00pm Ladies Only			Closed							