

# Swim times

Monday 6 January - Sunday 16 February



**TOTTON**  
HEALTH AND LEISURE

## MONDAY

7.00am - 8.55am	Lane Swim (Lx4)
9.00am - 9.55am	Aqua aerobics
10.00am - 12noon	Swim Academy <i>Shallow end Main Pool and Learner Pool</i>
10.00am - 12noon	Public <i>Deeper ¾ Main Pool</i>
12.05pm - 1.00pm	Public (Lx2)
1.15pm - 2.30pm	School
2.45pm - 3.30pm	Senior Swim
3.45pm - 6.20pm	Swim Academy
6.30pm - 7.50pm	Public
7.55pm - 8.55pm	Lane Swim (Lx4)
9.00pm - 10.00pm	Adults Only (Lx2) <i>Main Pool</i>

## TUESDAY

6.30am - 9.30am	Lane Swim (Lx4)
9.30am - 11.30am	School
11.45am - 12.45pm	Public (Lx2)
1.00pm - 2.00pm	School
2.15pm - 3.30pm	Public
3.45pm - 7.05pm	Swim Academy
7.10pm - 8.10pm	Adults Only (Lx2)
7.10pm - 8.10pm	Swimming Club (Lx3)
8.15pm - 9.15pm	Aqua Aerobics
9.15pm - 10.00pm	Adults Only <i>Main Pool</i>

## WEDNESDAY

7.00am - 8.55am	Lane Swim (Lx4)
9.00am - 10.00am	Public (Lx2)
10.00am - 10.55am	Therapy Swim
11.00am - 11.55am	Aqua Aerobics
12.05pm - 1.00pm	Public (Lx2)
1.15pm - 3.30pm	School
3.45pm - 7.50pm	Swim Academy
7.55pm - 8.55pm	Lane Swim (Lx4)
9.00pm - 10.00pm	Adults Only (Lx2) <i>Main Pool</i>

## THURSDAY

6.30am - 9.30am	Lane Swim (Lx4)
9.30am - 12.30pm	School
12.30pm - 2.30pm	Public (Lx2)
2.30pm - 3.30pm	Senior Swim
3.45pm - 6.20pm	Swim Academy
6.30pm - 6.55pm	Public (Lx2)
7.00pm - 7.55pm	Lane Swim (Lx4)
8.00pm - 9.00pm	Aqua Aerobics
9.00pm - 10.00pm	Octopush Club

## FRIDAY

7.00am - 8.55am	Lane Swim (Lx4)
9.00am - 9.55am	Aqua aerobics
10.00am - 12 noon	Swim Academy <i>Shallow end Main Pool and Learner Pool</i>
10.00am - 12noon	Public <i>Deeper ¾ Main Pool</i>
12.05pm - 1.30pm	Public (Lx2)
1.30pm - 3.00pm	School
3.00pm - 3.30pm	Public
3.45pm - 6.20pm	Swim Academy
6.30pm - 9.30pm	Swimming Club

## SATURDAY

7.00am - 8.00am	Swim Academy (Lx3) <i>and Learner Pool</i>
7.00am - 8.00am	Lane Swim (Lx2)
8.00am - 11.35am	Swim Academy
11.45am - 1.00pm	Public
	May be closed for private hire*
1.00pm - 5.00pm	Public (Lx2) <i>Excludes 25 January - closed for event</i>

## SUNDAY

8.00am - 9.30am	Swimming Club
9.35am - 12.55pm	Public
1.00pm - 2.00pm	Lane Swim (Lx4)
2.05pm - 4.55pm	Public (Lx2) May be closed for private hire*
5.00pm - 6.00pm	Swim Academy
6.05pm - 6.55pm	Public (Lx2)
7.00pm - 8.00pm	Octopush Club

Public/Lane Swim/Adults only	Swim Academy
Aqua Aerobics	Club use/private
Fun Time Swim	School use
Therapy Swim	Lx(number of lanes in main pool)

\*Check website for details