

LICHFIELD POOL PROGRAMME

MARCH - APRIL 2019

	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 Fit 09.30 - 10.10	Aqua 09.30 - 10.15		Aqua 09.45 - 10.15						
10.00	Aqua 10.15 - 11.00									
10.30					Aqua 10.30-11.15					
11.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00						
11.30										
12.00							Swim Lessons 12.00-12.30	Family Splash 12.00 - 13.00	Family Splash 12.00 - 13.00	
12.30										
13.00								Swim Lessons 12.45-13.15		
13.30							Aqua Fit 13.30 - 14.15	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00	Family Times 11.00 - 18.00
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		Aqua Fit 19.00 - 19.45	Aqua Fit 19.00 - 19.45							
19.30	Aqua Fit 19.45 - 20.30									
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 & Splash Times
- lane restrictions apply

Swimming Lessons
Childrens lessons are offered for members and non members, please see reception for more details.

**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.