

MEYRICK PARK POOL PROGRAMME

| | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|----------|---------------|---------------|------|---------------|---------------|--|---------------|
| 6.30 am | | | | | | | |
| 7.00 am | | | | | | | |
| 7.30 am | | | | | | | |
| 8.00 am | | | | | | | |
| 8.30 am | | | | | | | |
| 9.00 am | | | | | | | |
| 9.30 am | | | | | | | |
| 10.00 am | | | | | | | |
| 10.30 am | | | | | | | |
| 11.00 am | | Aqua | | Aqua | | | |
| 11.30 am | | 11.10 - 12.10 | | 11.00 - 12.00 | | | |
| 12.00 pm | | | | | | | |
| 12.30 pm | Aqua | | | | Aqua Circuits | Children's Swimming Lessons 12.00 - 18.00 | |
| 1.00 pm | 12.30 - 13.30 | | | | 12.45 - 13.30 | | |
| 1.30 pm | | | | | | | |
| 2.00 pm | | | | | | | |
| 2.30 pm | | | | | | | |
| 3.00 pm | | | | | | | |
| 3.30 pm | | | | | | | |
| 4.00 pm | | | | | | Family Swim | Family Swim |
| 4.30 pm | | | | | | 15.00 - 18.00 | 15.00 - 18.00 |
| 5.00 pm | | | | | | | |
| 5.30 pm | | | | | | | |
| 6.00 pm | | | | | | | |
| 6.30 pm | | | | | | | |
| 7.00 pm | | | | | | | |
| 7.30 pm | | | | | | | |
| 8.00 pm | | | | | | | |
| 8.30 pm | | | | | | | |
| 9.00 pm | | | | | | | |
| 9.30 pm | | | | | | | |

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.

Aqua Circuits - A high intensity water based class, involving non weight bearing exercises that combines a mixture of aerobic, strength and abdominal training elements.

HEALTH CLUB OPENING TIMES:
6.30am - 10.00pm Weekdays
7.30am - 9.00pm Weekends



*Please note that during certain Aqua classes there may be reduced space available for swimmers.