

## Thursday 9th October 2024

### 25M POOL

|       |       |            |                      |
|-------|-------|------------|----------------------|
| 06:00 | 20:00 | Lane 1 - 2 | Aqua Jogging         |
| 06:00 | 15:30 | Lane 3 - 8 | Public Lane Swimming |
| 15:30 | 18:00 | Lane 7 - 8 | JC Swim School       |
| 14:45 | 18:30 | Lane 3 - 6 | Public Lane Swimming |
| 18:30 | 19:15 | Lane 6 - 8 | Aqua Fitness Class   |
| 18:30 | 19:15 | Lane 3 - 5 | Public Lane Swimming |
| 19:15 | 20:00 | Lane 3 - 8 | Public Lane Swimming |

### HYDROTHERAPY POOL

|       |       |                   |              |
|-------|-------|-------------------|--------------|
| 06:00 | 20:00 | Hydrotherapy Pool | Aqua Jogging |
|-------|-------|-------------------|--------------|

### LEARNERS POOL

|       |       |                   |                            |
|-------|-------|-------------------|----------------------------|
| 11:30 | 14:30 | All Learners Pool | JC Swim School - Elm Grove |
| 15:30 | 18:00 | Lane 2 - 4        | JC Swim School             |

### LEISURE POOL

|       |       |              |                            |
|-------|-------|--------------|----------------------------|
| 11:30 | 14:30 | Leisure Pool | JC Swim School - Elm Grove |
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### POOLSIDE ROOM

|       |       |               |                            |
|-------|-------|---------------|----------------------------|
| 11:15 | 14:45 | Poolside Room | JC Swim School - Elm Grove |
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