

# SUMMER SWIMMING TIMETABLE 1 APRIL 2018 – 31 OCTOBER 2018

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	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm		
<b>MON</b>	Lanes swimming only 6-8am				Adults only 8-9.30am			Aqua Fitness 9.30-10.30		Toddler/Therapy & 60 plus 10.30-11.30		Adults only 11.30am-1.30pm									School hols Inflatable					Lane		Bex Tri Swim		Hire/closed		<b>MON</b>	
<b>TUE</b>	Lanes 6-8am		Masterclass		Adults only 8-9.30am			General 9.30-10.30		Aqua Workout 10.30-11.30		Lane		Adults only 11.30am-1.30pm												Lane				Aqua Fitness 8-8.45pm		<b>TUE</b>	
<b>WED</b>	Lanes swimming only 6-8am				Adults 8-9.30am		Lessons	General 9.30-10.30		Toddler/Therapy & 60 plus 10.30-11.30		Adults 11.30am-1.30pm		Lessons							School hols Inflatable							Moor Junior Swim 4-6pm		Adults only 6-8pm		Bex Tri Swim	<b>WED</b>
<b>THU</b>	Lanes 6-8am		Masterclass		Adults only 8-9.30am			General 9.30-10.30		School hols Inflatable		Adults 11.30am-1.30pm														Lane				Chiltern Tri 8-9pm		<b>THU</b>	
<b>FRI</b>	Lanes swimming only 6-8am				Adults only 8-9.30am			General 9.30-10.30		Aqua Workout 10.30-11.30		Lane		Adults only 11.30am-1.30pm													Adults 6-7pm				Hire/closed		<b>FRI</b>
<b>SAT</b>			Closed		Masterclass (exc Julie-Aug) Adults only (lanes)			General 9.30-10.30		Aqua Workout 10.30-11.30			General swimming 11.30am-2pm								Inflatable 2-3.30pm				Adults 4.45-5.45pm					Hire/closed		<b>SAT</b>	
<b>SUN</b>			Closed		Adults only 8-10am								General swimming 10am-4.45pm												Adults 4.45-5.45pm					Hire/closed		<b>SUN</b>	

**KEY**

- General swimming
- Adult swimming
- Aqua classes
- Swimming lessons
- Toddler swim/Therapy & 60 plus
- Chiltern Tri
- Available for hire, lessons or closed
- Lanes swimming
- Masterclass - stroke development
- Inflatable (Mon/Wed/Thurs school hols only)
- Moor Junior Swim lessons
- School term April-July may be closed for hires check website
- Bex Tri Swim
- Closed

# WINTER SWIMMING TIMETABLE 1 NOVEMBER 2018 – 31 MARCH 2019

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm		
<b>MON</b>	Lanes swimming only 6-8am				General swimming 8-10.30am					Aqua Fitness 10.30-11.30am		General swimming 11.30am-1.30pm																Bex Tri Swim		Hire/closed		<b>MON</b>	
<b>TUE</b>	Lanes 6-8am		Masterclass		General swimming 8-1.30pm																						Aqua Fitness 5.15-6pm				Hire/closed	<b>TUE</b>	
<b>WED</b>	Lanes swimming only 6-8am				General swimming 8-1.30pm					Aqua Fitness 10.30-11.30am																			General swimming 5-8pm		Bex Tri Swim	Closed	<b>WED</b>
<b>THU</b>	Lanes 6-8am		Masterclass		General swimming 8-1.30pm																								General swimming 5-7.30pm		Chiltern Tri 7.30-8.30pm	Closed	<b>THU</b>
<b>FRI</b>	Lanes swimming only 6-8am				General swimming 8-1.30pm																							General swimming 5-7.30pm				<b>FRI</b>	
<b>SAT</b>			Closed		Masterclass Adults only (lanes)			General swimming 9am-1pm			Aqua Fitness 11-11.45am																					Hire/closed	<b>SAT</b>
<b>SUN</b>			Closed		Lanes 8-9am			General swimming 8am-1pm																								Hire/closed	<b>SUN</b>

Please check [www.cheshamoorfitness.org.uk](http://www.cheshamoorfitness.org.uk) or Twitter for any temporary changes to the timetable

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