

Summer programme

	Day	Date	Time	Session	
Holmfirth Pool	Monday		07.30 - 09.00	Length swim	
			09.00 - 10.00	Public Swim	
			10.00 - 11.00	Aquafit	
			11.00-12.00	Junior Lessons	
			12.00 - 13.00	Length Swim	
			13.00 - 13.45	Aquamed	
			13.45 - 14.30	Aquafit	
			15.30 - 17.00	Public swim	
			17.00 - 18.30	Junior Lessons	
			18.45 - 19.30	Aquafit	
	19.30 - 20.15	Aquafit			
	20.30 - 21.15	Triathlon			
	21.15 - 22.15	Length swim			
	Tuesday		07.30 - 09.00	Length Swim	
			09.00 - 10.30	Mainly Ladies	
			10.30 - 11.30	Public Swim	
			12.00 - 13.00	Length Swim	
			13.00 - 14.00	Waterbabies	
			15.00 - 15.45	Aquamed	
			16.00 - 18.00	Junior Lessons	
			18.00 - 19.00	Public Swim	
			19.00-19.45	Aquamed	
			19.45 - 20.30	Aquafit	
			20.30 - 22.00	Length Swim	
	Wednesday		07.30 - 09.00	Length Swim	
			09.00 - 10.00	Swim/Bike/Run	
			10.00 - 11.00	Public Swim	
			11.15 - 12.00	Stroke Technique Clinic	
			12.00 - 13.00	Length Swim	
			13.00 - 14.00	WOW	
			14.00 - 15.00	Adult Only Swim	
			15.00 - 15.45	Aquamed	
			16.00 - 18.00	Junior lessons	
			18.00 - 19.00	Public Swim	
			19.00 - 19.45	Aquafit	
			19.45 - 20.30	Adult Programme	
			20.30 -22.00	Length Swim	
	Thursday		07.30 - 09.00	Length Swim	
			09.00 - 10.00	Public Swim	
			10.00 - 11.00	Fun 4 All	
			11.00 - 11.45	Aquamed	
			12.00 - 13.15	Length Swim	
			13.15 - 14.00	Adult programme	
			14.00 - 14.45	Aquafit	
			15.00 - 16.00	Adult Only Public Swim	
			16.00 - 18.00	Junior Lessons	
			18.00 - 19.00	Public Swim	
			19.00 - 21.00	HVASC	
			21.00-22.00	Length Swim	

Friday		07.30-9.00	Length Swim
		9.00-10.00	Fun 4 All
		10.00-11.00	Public Swim
		11.00 - 12.00	WOW
		12.00 - 13.00	Length Swim
		13.00 - 14.00	Adult Only Public Swim
		14.00 - 15.30	Aqua Camp
		15.30 - 17.00	Public Swim
		17.00 - 18.00	Fun 4 All
		18.00 - 18.45	Family Triathlon
		18.45 - 19.45	Tigersharks
Saturday		14.00 - 15.00	Length Swim
		15.00 - 16.00	Fun Swim
		16.00 - 17.00	Public Swim
		17.00 - 18.00	Pool Parties

Sunday		9.00 - 10.00	Length Swim
		10.00 - 11.00	Public Swim
		11.00 - 12.00	Fun 4 All
		12.15 - 13.15	Fun 4 All
		13.15 - 14.00	Adult Lessons
		14.00 - 15.00	Disability Lessons
		15.00 - 15.45	Free Swim Lessons
		16.00 - 17.00	Pool Parties

