



## Middleton Arena - Large Pool - 26 July - 5 September 2010

\* Bank Holiday Monday 30 August Pool opening times 10am-4pm \*\* Friday 3 September Pool closed 3pm-4pm Please Note: Some pool times may be shared

MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY **	SATURDAY	SUNDAY
7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	7am-9am Early Morning Lane Swim	9am-10.30am Swim Fit Lanes / Public Swim	9am-10am Adults Only
9am-2pm Primetime and Public Swim		11am-11.45am Deep Water Aqua Aerobics (Booking Required)		10am-11am Aqua Aerobics (Booking Required)	10.30am-11.30am Public Swim	10am-12noon Public Swim
2pm-4pm Staff Training		11am-12noon Public Swim	11am-12noon Public Swim	11am-12noon Public Swim	11.45am-12.45pm Aqua Fun	12noon-4pm Public Swim
4.30pm-5.30pm Aqua Fun	12.15pm-1.15pm Swim Fit Lanes/Public Swim	12.15pm-1.15pm Swim Fit Lanes	12.15pm-1.15pm Swim Fit Lanes/Public Swim	12.15pm-1.15pm Swim Fit Lanes	12.45pm-1.45pm Public Swim	4.15pm-5.30pm Adults Only Lane Swim
5.30pm-7pm Public Swim	1.15pm-4pm Public Swim	1.15pm-2.45pm Public Swim	1.15pm-4.30pm Public Swim	1.15pm-6pm Public Swim	2pm-3pm Aqua Fun	
7pm-8pm Aqua Aerobics	4pm-5pm Aqua Fun	2.45pm-4pm Aqua Fun	4.30pm-5.30pm Aqua Fun	6pm-7pm Adult Only	3pm-5.30pm Public Swim	
8pm-9pm Adult Only	5pm-7.30pm Public Swim Session	6.30pm-9pm Middleton ASC	5.30pm-7pm Public Swim	7pm-7.45pm Private Hire Youth Services	5.30pm-6.30pm Children's Parties (Booking Required)	
	7.30pm-8.30pm Adults Only	9pm-10pm Swim Fit Lanes	7pm-8pm Adult Only	9pm-10pm Swim Fit Lanes		
	8.30pm-9.30pm Swim Fit Lanes		8pm-9pm Aqua Aerobics (Booking Required)			



## Middleton Arena – Teaching Pool - 26 July - 5 September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am-11am Aqua Tots (No Instructor)	12.15pm-1.15pm Aqua Tots	12.15pm-1.15pm Aqua Tots	12.15pm-1.15pm Aqua Tots		9am-10.30am Public Swim	9am-5.30pm Public Swim
11am-2pm Public Swim	1.15pm-4pm Public Swim	1.15pm-2.45pm Public Swim	2pm-4.30pm Public Swim	12.15pm-6pm Public Swim	10.30am-11.30am Aqua Tots (no instructor)	
	4pm-5pm Aqua Fun	2.45pm-4pm Aqua Fun	4.30pm-5.30pm Aqua Fun		11.30am-2pm Public Swim	
	5pm-6.45pm Public Swim	6.45pm-7.45pm Group Hire	5.30pm-9pm Public Swim		2pm-3pm Aqua Fun	
	7pm-8pm Aqua Aerobics (booking required)	7.45pm-9.30pm Public Swim			3pm-4pm Public Swim	
	8.15pm-9.45pm Public Swim				4.30pm-6.30pm Children's Parties (Booking Required)	