**Session Times:**

**Tuesdays:**

6.30 pm – 7.30 pm Children’s lessons

7.30 pm - 8:00 pm Adults and family swim

8.00 pm – 8.30 pm Open swim Adults only

(All children under 8 must be accompanied)

**Wednesdays:**

6.15 pm – 7.00 pm Development Squad

7.00 pm – 8.00 pm Squad

**Thursdays:**

6:30 pm – 7.30 pm Children’s lessons

7.30 pm – 8.00 pm Adults and family swim

8.00 pm – 8.30 pm Open swim Adults only

(All children under 8 must be accompanied)

**Saturdays:**

10:00 am - 11:00 am Open swim all ages with lane plus \*

(All children under 8 must be accompanied)

***\*a designated area for Parents with baby/toddler. Club teacher/lifeguard available for tips/advice plus use of teaching kits.***

**Please note:** recreational swimming, non-swimmers and children under the age of 8 years must be accompanied by an adult in the pool. Non-swimmers will not be permitted in the deep end.

Parents remain responsible for their children up to the age of 16 years in the pool changing room and school grounds.