



# The John Lyon Sports Centre

## Swimming Pool Timetable (Weekdays)

	7am	7.30	8am	8.30		4pm	4.30	5pm	5.30	6pm	6.30	7pm	7.30	8pm	8.30	9pm	9.30
<b>Monday</b>	Members Swimming 7am - 8.30am				SCHOOL USE				Members Swimming 5.30pm - 9.30pm								
								Freestyle Swim School 5pm - 6.30pm									
<b>Tuesday</b>	Members Swimming 7am - 8.30am				SCHOOL USE		JLCS Swim School, Group Swimming Lessons 4.30pm - 6.30pm					Members Swimming 6.30 pm - 9.30pm					
<b>Wednesday</b>	Members Swimming 7am - 8.30am				SCHOOL USE		JLCS Swim School, Group Swimming Lessons 4.30pm - 6.30pm					Members Swimming 5.30pm - 9.30pm					
															AquaFit 7pm - 8pm		
														Adult Swimming Lessons (x 2 lanes) 7pm - 8.30pm			
<b>Thursday</b>	Members Swimming 7am - 8.30am				SCHOOL USE		JLCS Swim School, Group Swimming Lessons 4.30pm - 6.30pm					Members Swimming 5.30pm - 9.30pm					
															H&W Swimming Club (x 2 lanes) 6.30 - 7.30		
<b>Friday</b>	Members Swimming 7am - 8.30am				SCHOOL USE		JLCS Swim School, Group Swimming Lessons 4.30pm - 6.30pm					Members Swimming 5.30pm - 9.30pm					

POOL CLOSED