

CURRENT POOL TIMETABLE FOR SEPTEMBER

Monday	Swim Fit 0700-0830	Aqua Fit 0915–1015 <small>Commencing on Monday 21st Sept</small>	Young at Heart (50 years plus session) 10.35 – 11.35	Adult Lanes 1200-1300	Public Swim 1845-1930	Adult Lanes 1945-2030	Swim Clinic 2045-2145
Tuesday	Swim Fit 0700-0830	Aqua Fit 0915–1015		No Adult Lanes		Public Swim 1900-2000	Females Only 2015-2130
Wednesday	Swim Fit 0700-0830			Adult Lanes 1200-1300		Aquafit 1850-1950	
Thursday	Swim Fit 0700-0830	Young at Heart (50 years plus session) 0930 – 1100		Adult Lanes 1200-1300	Public Swim 1845-1930	Duathlon Session 1930-2030 <small>Organised by Meridian Tri Club</small>	Adult Lanes 2045-2130
Friday	Swim Fit 0700-0830	Aqua Fit 0915 – 1015		Adult Lanes 1230-1330			
Saturday				Preschool – FT school 1400-1430 <small>Invited session only</small>	Public Swim 1445-1545		
Sunday	Adult Lanes 0800-0900	Public Swim 0930-1030	Family Swim 1100-1200			Public Swim 13.00 – 14.00	Public Swim 14.30 – 15.30

Please note: all sessions are currently required to be booked & paid for in advance.

Please call us on 01763 263313 or

email info@mc-sport.co.uk for more details or to book a session.