

# Mondays

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Small Pool	
6.00									6.00	
6.15									6.15	
6.30									6.30	
6.45									6.45	
7.00									7.00	
7.15									7.15	
7.30						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	7.30	
7.45									7.45	
8.00									8.00	
8.15	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				8.15	
8.30									8.30	
8.45									8.45	
9.00									9.00	
9.15									9.15	
9.30									9.30	
9.45						General Swim (1.2m)	General Swim (1.2m)	General Swim (1.2m)	9.45	
10.00									10.00	
10.15									10.15	
10.30									10.30	
10.45									10.45	
11.00									11.00	
11.15	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Swim (1.2m)	Senior Swim (General)	Senior Swim (General)	Senior Swim (General)	11.15	
11.30									11.30	
11.45									11.45	
12.00									12.00	
12.15									12.15	
12.30									12.30	
12.45									12.45	
13.00									13.00	
13.15									13.15	
13.30	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)	General Swim (1.2m)	General Swim (1.2m)	General Swim (1.2m)	13.30	
13.45									13.45	
14.00									14.00	
14.15									14.15	
14.30									14.30	
14.45									14.45	
15.00									15.00	
15.15									15.15	
15.30									15.30	
15.45	Swim Lessons				Swim Lessons					15.45
16.00										16.00
16.15										16.15
16.30										16.30
16.45										16.45
17.00										17.00
17.15										17.15
17.30										17.30
17.45										17.45
18.00										18.00
18.15		18.15								
18.30		18.30								
18.45		18.45								
19.00		19.00								
19.15		19.15								
19.30	Staines SC	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	19.30		
19.45					19.45					
20.00					20.00					
20.15				Underwater Hockey (1.8m)				20.15		
20.30					20.30					
20.45		20.45								
21.00	Pool Closes at 21.00								21.00	