



# Ward Freman Pool Programme

## MAIN POOL TIMETABLE ~ TERM TIME

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	
<b>MON</b>			School Swimming									Rehab Session	Public Swimming	Lane Swim	Adults Only		
<b>TUES</b>		Public Swimming	School Swimming										Swimming Lessons		Aqua Aerobics	Lane Swim	
<b>WEDS</b>			School Swimming				Public Swimming	School Swimming				Public Swimming	Lane Swim	Adults Only	Horizon Divers		
<b>THU</b>		Public Swimming	School Swimming										Public Swimming	Buntingford Swimming Club			
<b>FRI</b>			School Swimming										Public Swimming	Lane Swim	Adults Only		
<b>SAT</b>			Swimming Lessons			Fun Swim	Private Hire & Pool Parties										
<b>SUN</b>			Swimming Lessons		Fun Swim		Private Hire & Pool Parties										

## MAIN POOL TIMETABLE ~ HOLIDAY TIME

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
<b>MON</b>			Learn to Swim	Junior Fun*	Fun Swim	Adults Only	Fun Swim	Public Swimming				Lane Swim	Adults Only			
<b>TUES</b>		Public Swimming	Learn to Swim	Junior Fun*	Fun Swim	Adults Only	Fun Swim	Public Swimming	Swimming Lessons		Aqua Aerobics	Lane Swim				
<b>WEDS</b>			Learn to Swim	Junior Fun*	Fun Swim	Adults Only	Fun Swim	Public Swimming				Lane Swim	Adults Only	Horizon Divers		
<b>THU</b>		Public Swimming	Learn to Swim	Junior Fun*	Fun Swim	Adults Only	Fun Swim	Public Swimming				Buntingford Swimming Club				
<b>FRI</b>			Learn to Swim	Junior Fun*	Fun Swim	Adults Only	Fun Swim	Public Swimming				Lane Swim	Adults Only			
<b>SAT</b>			Swimming Lessons			Fun Swim	Private Hire & Pool Parties									
<b>SUN</b>			Swimming Lessons		Fun Swim		Private Hire & Pool Parties									

  Pool Closed

\* Junior Fun Sessions - Parents and Guardians must accompany children.