

Timetable 5 Jan - 15 Feb 26

	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	
MON				Senior Swim 0900-1000	Lane Swim 1045 - 1145 Family swim 1045 - 1145	Military Lane Swim 1200 - 1300	Lane Swim 1300 - 1400		Military Lane Swim 1445 - 1545			Tadpoles 1600 - 1830		Ladies Night 1900 - 2000	Please be aware there may be a male working reception.	
TUES		Military Lane 0710 - 0810 Lane Swim 0710 - 0810	Senior Swim 0830-0930	Military Hydro 0930 - 1030	Lane Swim 1045 - 1145 Family swim 1045 - 1145	Military Lane Swim 1200 - 1300	Lane Swim 1300 - 1400	Military Hydro 1400 - 1500	Military Swim improvement and lane swim 1515 - 1615			Odiham Swim Club 1630 - 1900		NPLQ Staff Traning 1915 - 2115		
WED		Military Lane 0710 - 0810 Lane swim 0710 - 0810		Senior Swim 0900 - 1000	Swim School 1030 - 1130	Military Lane Swim 1200 - 1300	Lane Swim 1300 - 1400		Military lane swim 1430 - 1530		Ripples The Little Swim Club 1600 - 1800		Lane Swim 1815 - 1915	Aqua Workout 1930 - 2015		
THUR		Military Lane 0710 - 0810 Lane swim 0710 - 0810		Military Hydro 0930 - 1030	Lane Swim 1045 - 1145 Family swim 1045 - 1145	Military Lane Swim 1200 - 1300	Lane Swim 1300 - 1400	Senior Swim 1400 - 1500	Military Swim improvement and lane swim 1515 - 1615			Odiham Swim Club 1630 - 1900		Lane Swim 1915 - 2015		
FRI					Military Pool Drills 1000 - 1200	Military Lane Swim 1200 - 1300	Lane Swim 1300 - 1400		Ripples Senior Swim 1415 - 1515		Family swim 1615 - 1730			Smile Hi Sound Healing Online bookings ONLY		
SAT					Phillies Swim School 0800 - 1200		Lane Swim 1230 - 1330		Family Swim Phone booking recommended 1345 - 1445			Pool Party may be available, please call or email for details 1515 - 1715				
SUN					Phillies Swim School 0900 - 1200		Lane Swim 1230 - 1330		Family Swim Phone booking recommended 1345 - 1445		SEN Session 1515 - 1615					