swimodihampool@gmail.com

www.swimodiham.co.uk

13 April - 24 May 26

swimodiham

01256 367413

	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100
MON	Military Lane Swim 0710 - 0900 Lane Swim 0710 - 0900		Senior Swim 0900-1000		Family swim 1030 - 1130		Mayhill Junior School Swimming 1215 - 1445		Military Lane Swim 1445-1545	Tadpoles 1600 - 1830			Ladies Night 1900 -2000	Please be aware there may be a male working on 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			NPLQ Staff Training 1915 - 2115		
WED	Military Lane 0710 - 0810 Lane Swim 0710 - 0810		Senior Swim 0900 -1000		School Swim 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			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 1345 -1445		Pool Party may be available, please call or email for details 1515 - 1715	Bookings are no longer required for weekend Family Swims				
SUN			Phillies Swim School 0900 - 1200				Lane Swim 1230 -1330	Family Swim 1345 -1500		SEN Session 1515 -1615	Bookings are no longer required for weekend Family Swims				