

Jack Laugher Leisure and Wellness Centre pool programme

Summer Holidays - Monday 22nd July to Monday 2nd September 2024

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
Monday *Bank Holiday Monday 26th August - pool open 7am-4pm	Lane swim 6.30 - 9am		Adult lessons 9 - 10am		Family swim 10 - 11am		Lane swim 11.15am - 12.30pm ***LTS Crash Courses 11.15am - 12.30pm		General swim 12.30 - 2pm		Rafts 2.15 - 3.45pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		Lane swim 7 - 9pm Swim squads 7 - 9pm													
Tuesday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am		Aquafit 9 - 10am		Accessible swim 10 - 11am		***LTS Crash Courses 11.15am - 12.30pm Lane swim 11.15am - 12.30pm		General swim 12.30 - 2pm		Fun session with inflatable 2.15 - 3.45pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		Aquafit 7 - 8pm		Lane swim 8 - 9pm Adult lessons 8 - 9pm										
Wednesday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9.15am		Learn to swim 9.30 - 11am		LTS Crash Courses 11.15am - 12.30pm Lane swim 11.15am - 12.30pm		General swim 12.30 - 2pm		Rafts 2.15 - 3.45pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		Aquafit 7 - 8pm		Lane swim 8 - 9pm												
Thursday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am		Aquababes 9 - 10am		Family swim 10 - 11am		LTS Crash Courses 11.15am - 12.30pm Lane swim 11.15am - 12.30pm		General swim 12.30 - 2pm		Fun session with inflatable 2.15 - 3.45pm		Learn to swim 4 - 6pm		Swim squads 6 - 9pm														
Friday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am		Accessible swim 9 - 10am		Family swim 10 - 11am		LTS Crash Courses 11.15am - 12.30pm Lane swim 11.15am - 12.30pm		General swim 12.30 - 2pm		Rafts 2.15 - 3.45pm		Learn to swim 4 - 6.30pm		General swim 6.30 - 8pm		Lane swim 8 - 9pm												
Saturday	Lane swim 7 - 7.45am	General swim 7.45 - 8.30pm		Learn to swim 8.30am - 12noon		General swim 12noon - 2.15pm		Fun session with inflatable 2.30 - 3.45pm		Party hire 4 - 5pm		Private hire/ staff training 5 - 6pm		* 45 minute session available for members to book via the Brimhams App ** Special Education Needs and Disabilities session *** Running week beginning 29 July, 5 August and 19 August																
Sunday	Lane swim 7 - 8.30am		Learn to swim 8.30 - 10.30am		General swim 10.30am - 12noon		Family swim 12noon - 1pm		**SEND's 1.15 - 2.15pm		Fun session with inflatable 2.30 - 3.45pm		Party hire 4 - 5pm			Private hire/ staff training 5 - 6pm														