

# Dalry pool timetable

30th January - 7th April 2019

	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		
<b>Mon</b>	Public Swimming with Lanes			Aquafit P/S Deep End Only	Public Swimming with Lanes										Club Session*	P/S with Lanes	Pool Closed
<b>Tues</b>	Public Swimming with Lanes			Aquafit P/S Deep End Only	Public Swimming with Lanes	Lane Fit	Public Swimming with Lanes								Club Session*	Pool Closed	
<b>Wed</b>	Public Swimming with Lanes			Disabled Session Lanes Only	P/S with Lanes	Lane Fit	Lessons Public Swimming	Pool Closed Staff Training		Lessons			Public Swimming with Lanes	Club Session*	Pool Closed		
<b>Thurs</b>	Public Swimming with Lanes	Schools Public Swimming				Lane Fit	Schools Public Swimming	Public Swimming with Lanes					Club Session*	Pool Closed			
<b>Fri</b>	Public Swimming with Lanes			Aquafit P/S Deep End Only	Public Swimming with Lanes			Lessons				Public Swimming with Lanes	Club Session*	Pool Closed			
<b>Sat</b>	Pool Closed	Public Swimming with Lanes	Family Session	Public Swimming with Lanes	Fun Session	Public Swimming with Lanes			Pool Closed								
<b>Sun</b>	Pool Closed		Lessons Public Swimming			Public Swimming with Lanes		Fun Session	Public Swimming with Lanes			Pool Closed					

## Adult to child ratio:

**Under 5** - One adult to one child with or without armbands or one adult to two children with armbands

**5 to 8 years old** - One adult to two children with or without armbands

**Mixed Ages** - One adult to one under 5 and one 5 to 8 years old if the under 5 is wearing armbands

**Lane Fit:** Our new lane only swimming sessions. All swimmers are welcome, simply choose between slow, medium or fast lanes. For more information check out the 'Guide to Lane Etiquette' on our website or ask at the reception.

\*Club sessions are not open to members of the public

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