

TRAINING POOL

Please note extra activities will be added to the swimming programme during the school holidays. Please visit the website for more information www.kal.org.uk

	06.00	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
MONDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-11.00	Adult Learn 2 Swim 11.00-11.45	Aqua Fit 11.45-12.30	Aqua Relax 12.30-14.30				Length Swim 14.30-19.00 Public Swim 14.30-19.00		Aqua Combat 19.15-20.00	Community Club 20.00-21.00		
TUESDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-11.00	Adult Learn 2 Swim 11.00-12.30		Aqua Relax 12.30-13.30	KAL Swim Academy 13.30-14.30			Length Swim 14.30-19.00 Public Swim 14.30-19.00		Adult Learn 2 Swim 19.15-20.00	Ladies Only Swim 20.00-21.00		
WEDNESDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-10.00	Adult Learn 2 Swim 10.00-12.15		Aqua Relax 12.30-14.30				Length Swim 14.30-19.00 Public Swim 14.30-19.00		Ladies Learn 2 Swim 19.15-20.00	Aqua Relax 20.00-21.00		
THURSDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-10.30	Adult Learn 2 Swim 10.30-11.15	Aqua Fit 11.15-12.00	Aqua Relax 12.30-13.30	KAL Swim Academy 13.30-14.30			Length Swim 14.30-19.00 Public Swim 14.30-19.00		Aqua Fit 19.15-20.00	Ladies Only Swim 20.00-21.00		
FRIDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-11.30		Aqua Med 11.30-12.15	Aqua Relax 12.30-14.30				Length Swim 14.30-19.00 Public Swim 14.30-19.00		Aqua Splash 19.00-20.30			
SATURDAY			KAL Swim Academy 07.30-11.00					Public Swim 11.15-16.15				KAL Swim Academy 16.30-19.30			Men's Community Swim 19.45-21.00		
SUNDAY				Public Swim 09.00-15.00							KAL Swim Academy 15.15-16.45	Ladies Learn 2 Swim 17.00-18.30	Ladies Community Swim 18.45-19.45	Ladies Only Swim 20.00-21.00			

COMPETITION POOL

	06.00	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
MONDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00		Length Swim 09.00-12.00	School Swimming (Term Time) 09.00-12.00		Length Swim 12.00-13.00	Length Swim 13.00-15.45			Length Swim (2 Lanes) 15.45-20.30		Length Swim 20.30-22.00				Community Club 20.30-21.30
TUESDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00 Swimfit 07.30-08.30		Length Swim 09.00-12.00	School Swimming (Term Time) 09.00-12.00		Length Swim 12.00-13.00	Length Swim 13.00-15.45			Length Swim (2 Lanes) 15.45-20.30		Length Swim 20.30-22.00				Community Club 20.30-21.30
WEDNESDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00 Swimfit 07.30-08.30		Length Swim 09.00-12.00	School Swimming (Term Time) 09.00-12.00		Length Swim 12.00-13.00	Length Swim 13.00-15.45	School Swimming (Term Time) 13.00-15.30		Length Swim (2 Lanes) 15.45-20.30		Length Swim 20.30-22.00				
THURSDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00 Swimfit 07.30-08.30		Length Swim 09.00-12.00	Private Hire 09.00-12.00		Length Swim 12.00-13.00	Length Swim 13.00-15.45	Private Hire 13.00-15.45		Length Swim (2 Lanes) 15.45-20.30		Length Swim 20.30-22.00				
FRIDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00		Length Swim 09.00-12.00	Private Hire 09.00-12.00		Length Swim 12.00-13.00	Length Swim 13.00-15.45	School Swimming (Term Time) 13.00-15.30		Length Swim (2 Lanes) 15.45-20.30		Length Swim 20.30-22.00				
SATURDAY		KAL Swim Performance 07.30-09.00	Length Swim 09.00-10.00	KAL Swim Performance (4 Lanes) 09.00-09.30	Length Swim 10.00-16.30		Length Swim 10.00-16.00				Length Swim 16.30-19.30		KAL Swim Academy 16.15-19.30				
SUNDAY			Length Swim 08.30-10.00		Length Swim 10.00-18.00		Public Swim 10.00-18.00				Length Swim 18.00-19.00	Aqua Zumba 18.00-18.45	Length Swim 19.00-21.00				

