

Adult Swim Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00	Adult Beg & Improver (Shallow Water)				
12:15			Adult Beg & Improver (Shallow Water)	Adult Beg & Improver (Shallow Water)	
12:35	Adult Improver (Shallow Water)				
12:50					Adult Beginner (Shallow water)
13:00					Adult Improver (Shallow Water)
13:10	Adult Beginner & Advanced (Shallow water)				
18:25					Adult Advanced (Deep water)
18:30					Adult Beg & Improver (Shallow Water)
18:50			Adult Beg & Improver (Shallow Water)		
19:00	Adult Beginner - Improver (Shallow water) & Advanced (Deep water)		Adult Advanced (Deep water)		
19:15					Adult Swim Active (Shallow water)
19:25			Adult Beginner & Improver (Shallow water)		
19:35	Adult Beginner & Improver (Shallow water)				Adult Beginner & Improver (Shallow water)

HERE WE GO