# Swimming Pool Timetable Commencing 8th July 2024:

RUTLAND HALL
HOTEL & SPA

## Please Note We Advise You To Pre-Book All Swimming Sessions To Secure Your Space

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 07:00-07:45 | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | CLOSED | CLOSED |
| 07:45-08:30 | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming |
| 08:30-09:15 | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming |
| 09:15-10:00 | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming |
| 10:00-11:00 | Aqua Aerobics | General Swimming | General Swimming | Aqua Aerobics | General Swimming | Floats And Fun | Floats And Fun |
| 11:00-12:00 | General Swimming | General Swimming | General Swimming | General Swimming | General Swimming | Floats And Fun | Floats And Fun |
| 12:00-12:45 | CLOSED | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming |
| 13:00-13:45 | CLOSED | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming |
| 14:00-15:00 | General Swimming | General Swimming | General Swimming | General Swimming | General Swimming | Floats And Fun | Floats And Fun |
| 15:00-15:45 | Length Swimming | Family Swimming | Family Swimming | Family Swimming | Family Swimming | Floats And Fun | Floats And Fun |
| 16:00-17:00 | Family Swimming | Family Swimming | Family Swimming | Family Swimming | Family Swimming | Floats And Fun | Floats And Fun |
| 17:00-17:45 | Family Swimming | Family Swimming | Family Swimming | Family Swimming | Family Swimming | General Swimming | General Swimming |
| 18:00-19:00 | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming | Length Swimming |
| 19:00-19:30 | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming | Adult General Swimming |