

# Danes Camp Leisure Pool

## Danes Camp Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 23 August



Time	Session
06:45 - 09:00	Early Bird Swim (14+) Shared with crash courses
09:00 - 10:30	Family Friendly Peak (shared with Swim Camp)
10:30 - 12:00	50+ Fitness Swim
12:00 - 15:45	General Swim
16:00 - 18:30	Trilogy Swim School & Rookie Lifeguard Course
18:30 - 20:00	General Swim
20:00 - 20:45	Aqua Aerobics 14+