## Danes Camp Leisure Pool Danes Camp Leisure Centre

Accurate as of 28/04/2024

Times for Thursday 20 December		<b>(</b>
Time	Session	
06:15 - 09:00	Early Bird Swim (14+ yrs)	
09:00 - 10:30	Family Friendly Swim (no unaccompanied children)	
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 - 21:00	Aqua Aerobics 14+	
21:00 - 22:00	Adult swim	