

# swimming pool programme

## The Nene Centre

Accurate as of 19/05/2024

| Times for Wednesday 15 December |                                  |           |       |
|---------------------------------|----------------------------------|-----------|-------|
| Time                            | Session                          | Facility  | Level |
| 6:30 am - 9:00 am               | Lane Swimming                    | main pool |       |
| 9:00 am - 10:00 am              | Open Swim                        | main pool |       |
| 10:00 am - 11:00 am             | Aqua Aerobics                    | main pool |       |
| 11:00 am - 12:00 pm             | Swim School                      | main pool |       |
| 11:00 am - 12:00 pm             | Open Swim (mid to deep end only) | main pool |       |
| 12:00 pm - 1:00 pm              | Lane Swimming                    | main pool |       |
| 3:30 pm - 7:00 pm               | Swim School                      | main pool |       |
| 7:10 pm - 9:15 pm               | Swim Club                        | main pool |       |
| 9:15 pm - 10:00 pm              | Lane Swimming                    | main pool |       |