

# Swim Programme

## The Village Health Club

Accurate as of 12/05/2024

### Times for Friday 25 June



Time	Session	Facility	Level
6:00 am - 9:30 am	Lane Swimming	Indoor Pool (16.5m)	
11:15 am - 12:00 pm	Aqua Aerobics	Indoor Pool (16.5m)	
12:15 pm - 4:00 pm	Lane Swimming	Indoor Pool (16.5m)	