

# Swim Programme

## The Village Health Club

Accurate as of 29/04/2024

### Times for Monday 26 September



| Time                | Session       | Facility            | Level |
|---------------------|---------------|---------------------|-------|
| 6:00 am - 10:00 am  | Lane Swimming | Indoor Pool (16.5m) |       |
| 10:00 am - 11:45 am | Swim School   | Indoor Pool (16.5m) |       |
| 11:45 am - 3:45 pm  | Lane Swimming | Indoor Pool (16.5m) |       |
| 4:00 pm - 6:00 pm   | Swim School   | Indoor Pool (16.5m) |       |
| 6:00 pm - 9:45 pm   | Lane Swimming | Indoor Pool (16.5m) |       |