

# Swim Programme

## The Village Health Club

Accurate as of 23/04/2024

### Times for Wednesday 28 September



Time	Session	Facility	Level
6:00 am - 9:00 am	Lane Swimming	Indoor Pool (16.5m)	
9:00 am - 9:45 am	Aqua Aerobics	Indoor Pool (16.5m)	
10:00 am - 11:45 am	Swim School	Indoor Pool (16.5m)	
11:45 am - 4:15 pm	Lane Swimming	Indoor Pool (16.5m)	
4:15 pm - 9:45 pm	Lane Swimming	Indoor Pool (16.5m)	