

# Swim Programme

## The Village Health Club

Accurate as of 19/05/2024

Times for Tuesday 4 October			
Time	Session	Facility	Level
6:00 am - 10:00 am	Lane Swimming	Indoor Pool (16.5m)	
10:00 am - 1:15 pm	Swim School	Indoor Pool (16.5m)	
1:15 pm - 7:15 pm	Lane Swimming	Indoor Pool (16.5m)	
7:15 pm - 8:00 pm	Aqua Aerobics	Indoor Pool (16.5m)	
8:00 pm - 9:45 pm	Lane Swimming	Indoor Pool (16.5m)	