

Swim Programme

The Village Health Club

Accurate as of 07/05/2024

Times for Friday 7 October



Time	Session	Facility	Level
6:00 am - 9:30 am	Lane Swimming	Indoor Pool (16.5m)	
9:30 am - 11:00 am	Swim School	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)	
4:00 pm - 5:00 pm	Family Swim	Indoor Pool (16.5m)	
5:00 pm - 9:15 pm	Lane Swimming	Indoor Pool (16.5m)	