

# Swim Programme

## The Village Health Club

Accurate as of 18/05/2024

### Times for Thursday 2 May



Time	Session	Facility	Level
6:00 am - 9:15 am	Lane Swimming	Indoor Pool (16.5m)	
9:00 am - 9:45 am	Aqua Aerobics	Indoor Pool (16.5m)	
10:30 am - 11:30 am	Swim School	Indoor Pool (16.5m)	
12:15 pm - 6:00 pm	Lane Swimming	Indoor Pool (16.5m)	
6:00 pm - 6:45 pm	Aqua Zumba	Indoor Pool (16.5m)	
6:45 pm - 9:45 pm	Lane Swimming	Indoor Pool (16.5m)	