

# Fitness Teach Diving Pit Boom Timetable

February Half Term 2010

		06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00		
Mon	Main Pool	Lane Swimming																		
	Teaching PIs	Open Swimming	Fun & Floats Session	Inflatable Fun	Swimming Lessons	Open Swimming														
	Dive Pit	Relax Swim	Swimming Lessons	Toddler Family Friendly										Swimming Lessons	Aqua					
	Boom Pool	Shallow Swimming							SC	Shallow Swimming	Swimming Lessons	Shallow Swimming								
Tue	Main Pool	Lane Swimming															Maidstone Swimming Club	Lane Swim		
	Teaching PIs	Open Swimming	Fun & Floats Session	MDCS	FFS	Inflatable Fun	Fun & Floats Session	Maidstone Swimming Club				Open Swim								
	Dive Pit	Relax Swim	Swimming Lessons	Toddler Family	MDCS	Toddler Family				Swimming Lessons	Aqua									
	Boom Pool	Shallow Swimming					MDCS	SC	Shallow Swimming	Swimming Lessons	Shallow Swimming									
Wed	Main Pool	Lane Swimming																		
	Teaching PIs	Open Swimming	Fun & Floats Session	Inflatable Fun	Swimming Lessons	Open Swimming														
	Dive Pit	Relax Swim	Swimming Lessons	Toddler Family										Swimming Lessons	Aqua					
	Boom Pool	Shallow Swimming							SC	Shallow Swimming	Swimming Lessons	Shallow Swimming								
Thur	Main Pool	Lane Swimming															Maidstone Swimming Club	Lane Swim		
	Teaching PIs	Open Swimming	Fun & Floats Session	Inflatable Fun	Swimming Lessons	Maidstone Swimming Club				Open Swim										
	Dive Pit	Relax Swim	Swimming Lessons	Toddler Family										Swimming Lessons						
	Boom Pool	Shallow Swimming							SC	Shallow Swimming	Swimming Lessons									
Fri	Main Pool	Lane Swimming															Maidstone Swimming Club			
	Teaching PIs	Open Swimming	Fun & Floats Session	Inflatable Fun	Swimming Lessons															
	Dive Pit	Relax Swim	Swimming Lessons	Toddler Family										Swimming Lessons						
	Boom Pool	Shallow Swimming							SC	Shallow Swimming	Swimming Lessons	MSC								
Sat	Main Pool	Open Swimming Lanes															Available for Hire			
	Teaching PIs	Op Swim	SL	Fun & Floats Session	Inflatable Fun	Fun & Floats Session														
	Dive Pit	Swimming Lessons			Toddler Family Friendly															
	Boom Pool	Op Swim	Swimming Lessons	Shallow Swimming	Open Swimming	Shallow Swimming														
Sun	Main Pool	Open Swimming Lanes															MSC			
	Teaching PIs	Op Swim	Fun & Floats Session	Inflatable Fun	Fun & Floats Session	Maidstone Swim Club														
	Dive Pit	Relax Swim	Aqua	Toddler Family Friendly										Aqua						
	Boom Pool	Shallow Swimming							Open Swimming	Shallow Swimming										

Term Time

Lane Swimming

Lane Swimming sessions are for those looking to use swimming for exercise purposes or to improve fitness levels. Active sessions permit the use of training aids and equipment for the more serious swimmer.

- Lane Swimming/Adult Only Lane Swimming
- Lunchtime Swim/Adults
- Over 50s Aqua Tone

Open Swimming

General swimming sessions

Relax Swim

Social sessions are for those looking to get enjoyment out of swimming to meet like minded swimmers.

- Open Swimming
- Relax Swim

Public Diving

Diving Session for all ages. Competent swimmers only

Fun & Floats Session

Childrens activity session.

