



**XCITE**

## XCITE WINCHBURGH SWIMMING POOL SUMMER TIMETABLE - Valid 1st July to 11th August

Unless specified, there is no public swimming during club bookings, swimming lessons & aqua classes.

Please be aware of our rules regarding children under 8 in the pool, please see the swimming page of our website.

Day	Session Time	Activity	Age	Notes
Monday	06:30 - 10:15	Public Swimming	All ages	Lane swimming: 2 lanes available
	15:30 - 19:00	Learn to Swim	All ages	Shared pool with public swimming
	16:00 - 21:00	Public Swimming	All ages	Shared pool with Learn to Swim
	19:25 - 20:10	Aqua Fit	16+	Popular class - book in advance! Shared pool with public swimming
	20:20 - 21:05	Aqua Fit	16+	Popular class - book in advance! Shared pool with public swimming
Tuesday	10:30 - 11:15	Aqua Zumba	16+	Popular class - book in advance! No public access to pool
	11:15 - 13:00	Public Swimming	All ages	
	15:00 - 17:00	Public Swimming	All ages	
	17:40 - 18:25	Aqua Zumba	16+	Popular class - book in advance! No public access to pool
	18:45 - 20:45	Swimming Club	All ages	
Wednesday	06:30 - 10:00	Public Swimming	All ages	
	10:00 - 15:00	Public Swimming	All ages	Shared pool with Learn to Swim
	15:30 - 19:20	Learn to Swim	All ages	No public access
	19:45 - 21:15	Swimming Club	All ages	
Thursday	06:30 - 10:30	Public Swimming	All ages	
	10:30 - 11:15	Aqua Fit	16+	Popular class - book in advance! No public access to pool
	11:15 - 13:00	Public Swimming	All ages	
	14:00 - 17:00	Public Swimming	All ages	
	18:00 - 21:00	Swimming Club	All ages	
Friday	12:45 - 15:00	Public Swimming	All ages	Shared pool with Learn to Swim
	13:00 - 18:15	Learn to Swim	All ages	Shared pool with public swimming
	18:15 - 19:45	Swimming Club	All ages	
Saturday	09:00 - 16:00	Public Swimming	All ages	
	12:00 - 12:45	Inflatable Aquarun session	8+	Last Saturday of the month
	13:00 - 13:45	Inflatable Aquarun session	8+	Last Saturday of the month
Sunday	09:00 - 16:00	Learn to Swim	All ages	No public access

Highlighted activities are bookable events via the venue/website/app

Learn to Swim is a coaching activity available to Academy, Academy+ and other U18s memberships - contact venue for info

Private club activity