

# Opening hours 2019

## MONDAY

- 07:00 - 08:30 Lane swimming
- 12:00 - 13:30 Lane swimming
- 15:00 - 16:00 Lane swimming (happy swim hour)
- 16:00 - 17:30 Swimming lessons (only children)
- 19:00 - 20:30 Lane swimming
- 20:30 - 21:15 Aquarobics

## TUESDAY

- 10:00 - 13:30 Lane swimming
- 10:30 - 11:30 Swimming for babies and toddlers (0 to 4 years)
- 14:00 - 15:00 Hydro Medical Fit
- 15:00 - 16:00 Lane swimming (happy swim hour)
- 16:00 - 17:30 Swimming lessons (only children)

## WEDNESDAY

- 07:00 - 08:30 Lane swimming
- 12:00 - 12:45 Fifty Fit
- 12:00 - 13:00 Lane swimming (only in the deep)
- 13:00 - 17:00 Swimming lessons (only children)
- 18:15 - 19:00 Swimming for pregnant women
- 19:15 - 20:30 Lane swimming (only in the deep)
- 20:30 - 21:15 Swim training
- 20:30 - 21:15 Aquarobics

## THURSDAY

- 12:00 - 13:30 Lane swimming
- 15:00 - 16:00 Lane swimming (happy swim hour)
- 16:00 - 18:15 Swimming lessons (only children)
- 17:30 - 18:15 Lane swimming (only in the deep)

## FRIDAY

- 07:00 - 08:30 Lane swimming
- 12:00 - 15:00 Lane swimming
- 13:30 - 14:30 Swimming for babies and toddlers (0 to 4 years)
- 15:00 - 16:00 Lane swimming (happy swim hour)
- 16:00 - 17:30 Swimming lessons (only children)

## SATURDAY

- 08:30 - 09:30 Swimming for babies and toddlers (0 to 4 years)
- 08:45 - 11:45 Swimming lessons (only children)
- 11:45 - 12:45 Lane swimming

## SUNDAY

- 09:00 - 10:30 Lane swimming
- 10:00 - 12:00 Recreational swimming
- 12:00 - 13:00 Lane swimming