

Waltham Forest Feel Good Centre- Summer Main Pool Programme

		6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	Lane 1	Clubs								Swim For All			Lessons		Swim For All																		
	Lane 2																																
	Lane 3																																
	Lane 4																																
	Lane 5	Swim For Fitness																		Lessons						Clubs				Clubs			
	Lane 6																																
	Lane 7																			Clubs						Clubs							
	Lane 8																																
		6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Tuesday	Lane 1	Swim For Fitness						Swim For All									Swim For All																
	Lane 2																																
	Lane 3										Dive For All																						
	Lane 4																																
	Lane 5							Aqua Aerobics			Swim For Fitness						Lessons						Clubs		Clubs								
	Lane 6																																
	Lane 7							Dive For All															Clubs										
	Lane 8																																
		6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Wednesday	Lane 1	Clubs		Lessons		Swim For All						Lessons		Swim for All																			
	Lane 2																																
	Lane 3																																
	Lane 4																																
	Lane 5	Swim For Fitness																		Lessons						Clubs							
	Lane 6																																
	Lane 7																			Clubs													
	Lane 8																																
		6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Thursday	Lane 1	Swim For Fitness						Swim For All									Swim For All																
	Lane 2																																
	Lane 3										Dive For All																						
	Lane 4																																
	Lane 5							Aqua Aerobics			Swim For Fitness						Lessons						Clubs										
	Lane 6																																
	Lane 7							Dive For All																									
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		6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Friday	Lane 1			Lessons		Swim For All									Swim For All																		
	Lane 2																																
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	Lane 5	Swim For Fitness																		Lessons													
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	Lane 8																																
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Saturday	Lane 1	Closed				Lessons						Swim For All						Lessons															
	Lane 2																																
	Lane 3							Dive For All												Closed													
	Lane 4																																
	Lane 5	Swim For Fitness																															
	Lane 6																																
	Lane 7																																
	Lane 8																																
		6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Sunday	Lane 1	Closed				Lessons						Swim For All						Lessons															
	Lane 2																																
	Lane 3																			Closed													
	Lane 4																																
	Lane 5	Swim For Fitness																															
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