



Kelso Swimming Pool

CLASSES TIMETABLE

Monday 27 September

Time	Activity
Monday	
06:45 - 07:45	Lane 1 Swimming
06:45 - 07:45	Lane 2 Swimming
06:45 - 07:45	Lane 3 Swimming
06:45 - 07:45	Lane 4 Swimming
07:45 - 08:45	Lane 2 Swimming
07:45 - 08:45	Lane 3 Swimming
07:45 - 08:45	Lane 4 Swimming
08:45 - 09:45	Lane 1 Swimming
08:45 - 09:45	Lane 2 Swimming
08:45 - 09:45	Lane 3 Swimming
08:45 - 09:45	Lane 4 Swimming
09:15 - 10:00	Sh1ft
10:00 - 10:45	Aquafit
11:00 - 12:00	Toddler Time
12:00 - 13:00	Lane 1 Swimming
12:00 - 13:00	Lane 2 Swimming
12:00 - 13:00	Lane 3 Swimming
12:00 - 13:00	Lane 4 Swimming
18:00 - 18:45	Spin

18:00 - 19:00	Lane 1 Swimming
18:00 - 19:00	Lane 2 Swimming
18:00 - 19:00	Lane 3 Swimming
18:00 - 19:00	Lane 4 Swimming
19:00 - 19:45	Kettles
19:00 - 20:00	Tri Training

Tuesday

09:15 - 10:00	Core
18:00 - 18:45	H.I.I.T
18:00 - 19:00	Lane 1 Swimming
18:00 - 19:00	Lane 2 Swimming
18:00 - 19:00	Lane 3 Swimming
18:00 - 19:00	Lane 4 Swimming
19:00 - 19:45	Spin

Wednesday

06:45 - 07:45	Lane 1 Swimming
06:45 - 07:45	Lane 2 Swimming
06:45 - 07:45	Lane 3 Swimming
06:45 - 07:45	Lane 4 Swimming
07:45 - 08:45	Lane 1 Swimming
07:45 - 08:45	Lane 2 Swimming
07:45 - 08:45	Lane 3 Swimming
07:45 - 08:45	Lane 4 Swimming
08:45 - 09:45	Lane 1 Swimming
08:45 - 09:45	Lane 2 Swimming
08:45 - 09:45	Lane 3 Swimming
08:45 - 09:45	Lane 4 Swimming 08:45

09:15 - 10:00	L B T
10:00 - 10:45	Aquafit
11:00 - 12:00	Public Swimming
11:00 - 12:00	Family Swimming
12:00 - 13:00	Lane 1 Swimming
12:00 - 13:00	Lane 2 Swimming
12:00 - 13:00	Lane 3 Swimming
12:00 - 13:00	Lane 4 Swimming
18:00 - 18:30	Spin
18:00 - 19:00	Lane 1 Swimming
18:00 - 19:00	Lane 2 Swimming
18:00 - 18:30	Adult Lesson Beginner
18:30 - 19:30	Health Condition Class
18:30 - 19:00	Adult Lesson Intermediate
18:45 - 19:30	L1ft
19:00 - 20:00	Lane 1 Swimming
19:00 - 20:00	Lane 2 Swimming
19:00 - 20:00	Lane 3 Swimming
19:00 - 20:00	Lane 4 Swimming

Thursday

09:15 - 10:00	R1ze
18:00 - 18:45	Spin
19:00 - 19:45	Sh1ft

Friday

06:45 - 07:45	Lane 1 Swimming 06:45
06:45 - 07:45	Lane 2 Swimming
06:45 - 07:45	Lane 3 Swimming

06:45 - 07:45	Lane 4 Swimming
07:45 - 08:45	Lane 1 Swimming
07:45 - 08:45	Lane 2 Swimming
07:45 - 08:45	Lane 3 Swimming
07:45 - 08:45	Lane 4 Swimming
11:00 - 12:00	Lane 1 Swimming
11:00 - 12:00	Lane 2 Swimming
11:00 - 12:00	Lane 3 Swimming
11:00 - 12:00	Lane 4 Swimming
12:00 - 13:00	Lane 1 Swimming
12:00 - 13:00	Lane 2 Swimming
12:00 - 13:00	Lane 3 Swimming
12:00 - 13:00	Lane 4 Swimming
13:30 - 14:00	Kids Canoeing
14:00 - 15:00	Public Swimming
14:00 - 15:00	Family Swimming
18:00 - 18:30	Circuits
18:45 - 19:15	M1nd
Saturday	
07:15 - 08:15	Tri Training
08:15 - 09:15	Lane 1 Swimming
08:15 - 09:15	Lane 2 Swimming
08:15 - 09:15	Lane 3 Swimming
08:15 - 09:15	Lane 4 Swimming
09:15 - 10:15	Family Swimming Pod
10:15 - 11:15	Family Swimming Pod
11:15 - 12:15	Public Swimming

11:15 - 12:15	Family Swimming
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12:15 - 13:15	Public Swimming
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12:15 - 13:15	Family Swimming
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Sunday

08:00 - 09:00	Lane 1 Swimming
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08:00 - 09:00	Lane 2 Swimming
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08:00 - 09:00	Lane 3 Swimming
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08:00 - 09:00	Lane 4 Swimming
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09:00 - 10:00	Family Swimming Pod
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10:00 - 11:00	Inflatable Fun
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11:00 - 12:00	Public Swimming
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11:00 - 12:00	Family Swimming
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