



Selkirk Leisure Centre

Timetable

Friday 22 October

Time	Activity
Friday	
17:30 - 18:30	Barracudas
Saturday	
Sunday	
08:30 - 09:30	Lane 2 (fast) 8.30
08:30 - 09:30	Lane 1 (slow) 8.30
09:30 - 10:30	Family Pod 9.30 (1.0m)
09:30 - 10:30	Family Pod 9.30 (1.5m)
Monday	
07:00 - 08:00	Lane 3 - 07.00 (fast)
07:00 - 08:00	Lane 1 - 07.00 (slow)
07:00 - 08:00	Lane 2 - 07.00 (medium)
08:00 - 09:00	Lane 1 - 08.00 (slow)
08:00 - 09:00	Lane 2 - 08.00 (medium)
08:00 - 09:00	Lane 3 - 08.00 (fast)
09:15 - 10:00	Aquafit 09.15
10:00 - 11:00	Public Swimming 10.00
10:00 - 11:00	Lane 2 - 10.00 (fast)
10:00 - 11:00	Lane 1 - 10.00 (med)
10:00 - 11:00	Family Swim

15:45 - 17:35	Learn 2 Swim Pool Closed To The Public
17:40 - 18:40	Lane 2 - (medium)
17:40 - 18:40	Lane 1 - (slow)
17:40 - 18:40	Lane 3 - (fast)
18:40 - 19:40	Lane 3 - (fast)
18:40 - 19:40	Lane 1 - (slow)
18:40 - 19:40	Lane 2 - (medium)

Tuesday

Wednesday

07:00 - 08:00	Lane 2 - 07.00 (medium)
07:00 - 08:00	Lane 1 - 07.00 (slow)
07:00 - 08:00	Lane 3 - 07.00 (fast)
08:00 - 09:00	Lane 2 - 08.00 (medium)
08:00 - 09:00	Lane 1 - 08.00 (slow)
08:00 - 09:00	Lane 3 - 08.00 (fast)
15:45 - 17:15	Learn 2 Swim Pool Closed
17:30 - 18:30	Lane 2 - 17.30 (medium)
17:30 - 18:30	Lane 1 - 17.30 (slow)
17:30 - 18:30	Lane 3 - 17.30 (fast)
18:30 - 19:30	Lane 3 - 18.30 (fast)
18:30 - 19:30	Lane 1 - 17.30 (slow)
18:30 - 19:30	Lane 2 - 18.30 (medium)
19:40 - 20:40	Tri Club 19.40

Thursday