

# TERM TIME POOL PROGRAMME

	07.00 - 07.50	08.00 - 08.50	09.00	09.30	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						
<b>Mon</b>	Lane & Gen Swim	Lane & Gen Swim			Lane Swim				Aqua			Lane Swimming				Swim School						Lane Swimming												
			School Swimming									School Swimming																						
<b>Tues</b>	Lane & Gen Swim	Lane & Gen Swim			Lane Swim				Lane Swimming						Lane Swimming						Clubs													
			School Swimming									School Swimming						Swim School																
<b>Weds</b>	Lane & Gen Swim	Lane & Gen Swim			School Swimming						Aqua		Lane Swimming			Lane Swimming							Swim School						Lane Swimming	Clubs				
					Lane Swim				Lane Swimming							Lane Swimming																		
<b>Thurs</b>	Lane & Gen Swim	Lane & Gen Swim			Lane Swim				Lane Swimming							Lane Swimming							Swim School						Aqua	Lane Swimming				
					Lane Swim							Lane Swimming			Lane Swimming																			
<b>Fri</b>	Lane & Gen Swim	Lane & Gen Swim			Lane Swim				Aqua			Lane Swimming			Lane Swimming							Swim School						Clubs						
					Lane Swim							Lane Swimming			Lane Swimming																			
<b>Sat</b>		Lane & Gen Swim		Lane Swimming						Lane & General Swim BOTH POOLS						Swim School						Lane & General Swim BOTH POOLS												
				Lane Swimming						Lane & General Swim BOTH POOLS						Swim School						Lane & General Swim BOTH POOLS												
<b>Sun</b>		Lane & Gen Swim		Lane Swimming						Lane & General Swim BOTH POOLS						Swim School						Lane & General Swim BOTH POOLS												
				Lane Swimming						Lane & General Swim BOTH POOLS						Swim School						Lane & General Swim BOTH POOLS												

[www.1life.co.uk](http://www.1life.co.uk)

**Saturday & Sunday**  
\*Pool parties in Teaching pool  
4pm to 5pm  
To book a party email  
[swim.willesden@1life.co.uk](mailto:swim.willesden@1life.co.uk)

**BOOK SWIMMING**  
via the  
**1LIFE App**  
or at  
[www.1life.co.uk](http://www.1life.co.uk)  
Pools cleared at end of each session time