

# Pool sessions this week

## Rugeley Leisure Centre

Accurate as of 19/03/2018

(19-03-2018 - 25-03-2018)



Day	Time	Session
Mon	07:00 - 08:00	Adults Only Swim
Mon	08:00 - 10:00	Casual Swim with Lanes
Mon	10:00 - 11:00	Swim Tots
Mon	10:00 - 11:00	Adult Swim (deep end only)
Mon	11:00 - 11:45	Aqua Aerobics
Mon	11:00 - 11:45	Casual Swim (deep end)
Mon	11:45 - 13:00	Casual Swim with Lanes
Mon	13:00 - 14:00	Adults Only Swim
Mon	14:00 - 16:00	Casual Swim with Lanes
Mon	18:00 - 19:00	Casual Swim
Mon	21:00 - 22:00	Adults Only Swim
Tue	07:00 - 08:00	Adults Only Swim
Tue	08:00 - 09:00	Casual Swim with Lanes
Tue	11:30 - 13:00	Adults Only Swim
Tue	18:00 - 18:45	Family Aqua
Tue	18:45 - 19:30	Aqua Aerobics
Tue	19:30 - 20:30	Casual Swim
Tue	20:30 - 22:00	Adults Only Swim
Wed	07:00 - 08:00	Adults Only Swim
Wed	08:00 - 10:00	Casual Swim with Lanes
Wed	10:00 - 11:00	Adult Swim (deep end only)

<b>Day</b>	<b>Time</b>	<b>Session</b>
Wed	10:00 - 11:00	Swim Tots
Wed	11:00 - 12:00	Toddler Lessons
Wed	11:00 - 12:00	Adult Swim (deep end only)
Wed	12:00 - 13:00	Adult Lessons
Wed	13:00 - 14:00	Adults Only Swim
Wed	14:00 - 15:00	Casual Swim with Lanes
Wed	15:00 - 16:00	45+ Swim
Wed	18:00 - 19:00	Casual Swim
Wed	20:30 - 22:00	Adults Only Swim
Thu	07:00 - 08:00	Adults Only Swim
Thu	08:00 - 11:45	Casual Swim with Lanes
Thu	11:45 - 12:30	Aqua Aerobics
Thu	11:45 - 12:30	Adult Swim (deep end only)
Thu	12:30 - 14:00	Adults Only Swim
Thu	14:00 - 15:00	Swim Tots
Thu	14:00 - 15:00	Adult Swim (deep end only)
Thu	15:00 - 17:00	Casual Swim with Lanes
Thu	18:00 - 19:00	Disability Session
Thu	20:00 - 22:00	Adults Only Swim
Fri	07:00 - 08:00	Adults Only Swim
Fri	08:00 - 10:00	Casual Swim with Lanes
Fri	10:00 - 11:00	Toddler Lessons
Fri	10:00 - 11:00	Adult Swim (deep end only)
Fri	11:00 - 13:00	Casual Swim with Lanes
Fri	13:00 - 14:00	Adults Only Swim

<b>Day</b>	<b>Time</b>	<b>Session</b>
Fri	14:00 - 15:00	Casual Swim with Lanes
Fri	15:00 - 16:00	45+ Swim
Fri	18:00 - 19:00	Fun & Floats
Fri	19:00 - 20:00	Casual Swim
Fri	20:00 - 21:00	Ladies Only
Sat	07:00 - 08:00	Adults Only Swim
Sat	11:00 - 12:00	Casual Swim
Sat	12:00 - 13:00	Fun & Floats: Inflatable Slide
Sat	13:00 - 14:00	Birthday Party Hire
Sat	14:00 - 15:00	Casual Swim with Lanes
Sat	15:00 - 16:00	Healthy lifestyles swimming
Sat	16:00 - 17:00	Casual Swim with Lanes
Sun	11:00 - 12:00	Casual Swim
Sun	12:00 - 14:00	Fun & Floats
Sun	14:00 - 15:00	Birthday Party Hire
Sun	15:00 - 16:00	Casual Swim with Lanes
Sun	18:00 - 19:00	Casual Swim with Lanes
Sun	19:00 - 20:30	Adults Only Swim