



Zoggs swimwear and equipment available at every centre.

Southam Leisure Centre

Main pool term-time programme

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MON	SWIM FITNESS	SCHOOLS				SWIM FITNESS (LANED)	SCHOOLS	STAFF TRAINING	SWIMMING LESSONS				SWIM FOR ALL	SWIM FOR ALL	SWIM FITNESS (LANED)		
TUE	SWIM FITNESS	SENIOR SWIM	SCHOOLS			SWIM FITNESS (LANED)	SCHOOLS	SWIM FITNESS (AQUA FIT)	SWIM FOR ALL	SWIMMING LESSONS			SWIM FOR ALL	CLUBS*		SWIM FITNESS (LANED)	
WED	SWIM FITNESS	SCHOOLS				SWIM FITNESS (LANED)	SWIMMING LESSONS	SCHOOLS	SWIM FOR ALL	SWIMMING LESSONS		SWIM FOR ALL	SWIMMING LESSONS (ADULT LESSONS)	SWIM FOR ALL (COACHED)	SWIM FITNESS (LANED)		
THUR	SWIM FITNESS	SCHOOLS			SENIOR SWIM	SCHOOLS 1245 - 1115 SWIM FITNESS (LANED)	SWIMMING LESSONS SWIM FOR ALL WATER BABIES	SCH	SWIMMING LESSONS			SWIM FOR ALL	SWIMMING LESSONS (ADULT LESSONS)	SWIM FITNESS (AQUA FIT)	SWIM FITNESS (LANED)		
FRI	SWIM FITNESS	SCHOOLS				SWIM FITNESS (LANED)	SWIMMING LESSONS SWIM FOR ALL WATER BABIES	SWIMMING LESSONS			SWIM FUN	SWIM FOR ALL	SWIM FITNESS (LANED)				
SAT	SWIM FITNESS	SWIMMING LESSONS				SWIM FITNESS (LANED)	SWIM FUN			PARTIES			PARTIES				
SUN	SWIM FITNESS	SWIMMING LESSONS			SWIM FUN		DISABLED SWIM	SWIM FITNESS (LANED)	SWIM FUN			PARTIES			PARTIES		

Main pool holiday programme

	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm
MON	SWIM FITNESS	SWIMMING LESSONS	SWIM FUN		SWIMMING LESSONS	SWIM FITNESS (LANED)	SWIM FUN		
TUE*	SENIOR SWIM	SWIMMING LESSONS	SWIM FUN		SWIMMING LESSONS	SWIM FITNESS (LANED)	SWIM FUN		
WED	SWIM FITNESS	SWIMMING LESSONS	SWIM FUN		SWIMMING LESSONS	SWIM FITNESS (LANED)	SWIMMING LESSONS	SWIM FUN	
THUR	SENIOR SWIM	SWIMMING LESSONS	SWIM FUN		SWIMMING LESSONS	SWIM FITNESS (LANED)	SWIMMING LESSONS	SWIM FUN	SWIMMING LESSONS
FRI	SWIM FITNESS	SWIMMING LESSONS	SWIM FUN		SWIMMING LESSONS	SWIM FITNESS (LANED)	SWIMMING LESSONS	SWIM FUN	SWIMMING LESSONS
SAT	SWIMMING LESSONS			SWIM FUN		SWIM FITNESS (LANED)	SWIM FUN		
SUN	SWIMMING LESSONS		SWIM FUN		DISABLED SWIM	SWIM FITNESS (LANED)	SWIM FUN		

ORANGE For those learning to swim. Includes schools, clubs and swimming lessons.

YELLOW For those taking part in fitness and health swimming. Includes Swim Fitness.*

BLUE For those wanting fitness and or fun in the pool. Includes Swim Fun.*

Under 8's must be accompanied by a parent/guardian or adult over 18, with a maximum of 2 children per adult.

Thursday 2.30 - 3.00pm: "Schools" only available from October to April

During April - September 2007, On Mondays, Wednesdays and Fridays (term time only) the lane session will start at 12.00pm.

* Tuesday Evening Timetable for the Holiday period also features:
7:30pm - 9:30pm SWIM FUN

For exact dates when holiday programme applies, please contact reception.

* Swim Fitness and Swim Fun are also available during Swim For All sessions.