

# Xcite Whitburn Swimming Timetable

Starts Friday 1<sup>st</sup> September 2023

Time	Activity/Session	Age	Notes
<b>Monday</b>			
08:00 – 09:00	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
09:00 – 09:45	Aqua Fit	16yrs +	Access to Sauna, Steam and limited pool access.
09:45 – 12:00	Public Swim – Adults Only & Buddy swimming shallow end	16yrs +	Access to Sauna, Steam and Pool.
12:00 – 15:45	Public Swim	All	Access to Sauna, Steam and Pool.
15:45 – 19:00	Swimming Lessons and Public Swim	All	Access to Sauna, Steam and limited pool access. Teaching pool closed.
19:00 – 21:30	Swim Club		No Public Access
<b>Tuesday</b>			
08:00 – 09:30	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
09:30 – 12:00	Public Swim – Adults Only	16yrs+	Access to Sauna, Steam. Shared pool with Aquafit 09:30 – 10:20
09:30 – 10:20	Aqua Fit	16yrs +	Access to Sauna, Steam and limited pool access.
12:00 – 16:10	Public Swim	All	Access to Sauna, Steam and Pool.
16:10 – 19:30	Swimming Club		No Public Access
19:30 – 20:20	Deep Water Aqua Fit	16yrs +	Access to Sauna, Steam and limited pool access (including one double lane)
19:30- 21:00	Lane Swimming	16 yrs +	Access to Sauna, Steam
<b>Wednesday</b>			
08:00 – 09:30	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
09:30 – 12:00	Public Swim – Adults Only	16yrs +	Access to Sauna, Steam and Pool.
12:00 – 18:45	Public Swim	All	Access to Sauna, Steam and limited pool access
15:40 – 19:35	Swimming Lessons and Public Swim (Adults only from 18:45)	All	Access to Sauna, Steam and limited Pool access. Teaching pool closed.
19:00 – 19:45	Aqua Zumba	16yrs +	Access to Sauna, Steam and Limited Pool access.
19:45 – 21:00	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
<b>Thursday</b>			
08:00 – 09:30	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
09:30 – 10:20	Aqua Fit	16yrs +	Access to Sauna, Steam and limited pool access
09:30 – 12:00	Public Swim – Adults Only	16yrs +	Access to Sauna, Steam and Pool. Shared pool with Aquafit 09:30 – 10:20.
12:00 – 15:30	Public Swim	All	Access to Sauna, Steam and Limited Pool access.
15:30 – 20:00	Swimming Lessons and public swim	All	Access to Sauna, Steam and Pool. Teaching pool closed.
20:00 – 21:00	Public Swim – Adults Only	16yrs +	Access to Sauna & Steam until 20:30.
<b>Friday</b>			
08:10 – 08:55	Aqua Fit	16yrs +	Access to Sauna, Steam and Pool.
08:10 – 12:00	Public Swim – Adults Only	16yrs +	Access to Sauna, Steam and Pool.
12:00 – 16:45	Public Swim	All	Access to Sauna, Steam and Pool. Teaching pool closed.
17:00 – 18:00	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
18:00 – 19:50	Swimming Club		No public access.
20:00 – 21:00	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
<b>Saturday</b>			
09:00 – 13:00	Swimming Lessons		Access to Sauna, Steam and Pool.
09:00 – 15:00	Public Swim	All	Access to Sauna, Steam and limited Pool access. Teaching pool closed.
<b>Sunday</b>			
09:00 – 10:00	Lane Swimming	16yrs +	Access to Sauna, Steam and Pool.
10:00 – 15:00	Public Swim	All	Access to Sauna, Steam and Pool.