

# Xcite Winchburgh Sport & Wellbeing Hub Swimming Timetable

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

Unless specified, there is no public swimming during club bookings, swimming lessons & aqua classes.

Time	Activity/Session	Age	Notes
<b>Monday</b>			
06:30 – 10:15	Public Swimming	All	Shared pool with swimming lessons from 10.00-10.15
10:00 – 15:00	Swimming Lessons		Shared pool with public swimming from 10.00-10.15
15:30 – 19:30	Swimming Lessons		
16:00 – 21:00	Public Swimming	All	Shared pool with swimming lessons and Aqua classes
19:25 – 20:10	Aqua Fit	16 +	
20:20 – 21:05	Aqua Fit	16 +	
<b>Tuesday</b>			
10:30 – 11:15	Aqua Zumba	16 +	
17:40 – 18:25	Aqua Zumba	16 +	
18.45 – 20.45	Club Booking		
<b>Wednesday</b>			
06:30 – 10:30	Public Swimming	All	
09:30 – 15:00	Swimming Lessons		
15:30 – 19:20	Swimming Lessons		
19:45 – 21:15	Swimming Club		
<b>Thursday</b>			
06:30 – 10:30	Public Swimming	All	
10:30 – 11:15	Aqua Zumba	16yrs +	
18:00 – 21:00	Swimming Club		
<b>Friday</b>			
09:00 – 13:00	Swimming Lessons		
12:45 – 15:00	Public Swimming	All	Shared pool with swimming lessons
13:00 – 18:15	Swimming Lessons		
18:15 – 19:45	Swimming Club		
<b>Saturday</b>			
09:00 – 12:00	Public Swimming	All	
12:00 – 12:45	Fun Inflatable Session	8+	All children must be able to swim 25m without assistance
13:00 – 13:45	Fun Inflatable Session	8+	All children must be able to swim 25m without assistance
14:00 – 16:30	Public Swimming	All	
<b>Sunday</b>			
09:00 – 16:30	Swimming Lessons		