

crown pools competition pool

	MON	TUES	WEDS	THURS	FRI	SAT	SUN			
7.30						CLOSED				
8.00										
8.30										
9.00										
9.25	SCHOOLS TERM TIME ONLY			AQUACARE*	AQUAFIT*	COURSES ONLY				
9.30									AQUAFIT*	
10.00										
10.30				AQUADEEP*	AQUAFIT*					
11.00										
11.30										
12.00			LANE SWIMMING ONLY							
12.30	AQUAFIT*		LANE SWIMMING ONLY							
1.00		AQUAFIT*	LANE SWIMMING ONLY							
1.30										
2.00	SCHOOLS	50 +	AQUAFIT*							
2.30		AQUAFIT								
3.00		50 PLUS*					AQUARUN*			
3.30										
4.00										
4.25	SWIMMING CLUB		LESSONS	SWIMMING CLUB		CLOSED FROM 4.55PM TO GENERAL PUBLIC BUT AVAILABLE FOR PRIVATE BOOKINGS TEL: 01473 280 123				
4.30										
5.00										
5.30										
6.00										
6.30										
7.00										
7.15	AQUA NATAL*			AQUA FIT*						
7.30										
8.00										
8.15	AQUA FIT*	WATER POLO	AQUA DEEP*	ADULTS ONLY	AQUA FIT*	LADIES ONLY	WATER POLO			
8.30										
8.45										
9.00										
9.10										
9.30										

CLOSED TO PUBLIC

PUBLIC SWIMMING *Lane swimming only where activities are shown.

TIMETABLES MAY VARY DUE TO SPECIAL EVENTS
SWIMMING MAYBE LIMITED TO ONE HOUR DURING BUSY PERIODS

Programme information is available by phoning 01473 433655 or visit www.teamipswich.com