



### Pool Programme KLC

Please note pre book sessions remain in place for Monday – Friday.

Monday	Saturday
<b>General Swim Sessions</b> 9am – 11am 12.30pm – 4.30pm <b>Lane Swim Sessions</b> 11am – 12pm 7 – 9pm	Pool Opening Hours 9am – 4pm <b>Lane swim Session</b> 9am – 10am
Tuesday - Wednesday	Sunday
<b>General Swim Sessions</b> 9am – 12pm 1.30pm – 5.30pm 6 – 8pm <b>Lane Swim Sessions</b> 12.30pm – 1.30pm 8 – 9pm	Pool Opening Hours 1pm – 4.30pm
Thursday	<p><b>Please note our swimming pool programmes and timetables are subject to change.</b></p> <p><b>Please contact the centre or book through the NMD Be Active app to confirm session times.</b></p>
<b>General Swim Sessions</b> 9am – 12pm 1.30pm – 2.30pm 5pm – 7pm <b>Lane Swim Sessions</b> 12.30pm – 1.30pm 7 – 9pm	
Friday	
<b>General Swim Sessions</b> 9am – 12pm 1.30pm – 4.30pm 5.30pm – 6.30pm Autism Swim Session 7pm – 8pm <b>Lane Swim Sessions</b> 12.30pm – 1.30pm 8 – 9pm	