

Main Pool		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday	6	Bellshill Sharks - Swim Club	Early Birds 7:45am	Swim For All.	Aqua Aerobics	Swim NL	Swim Fit	Swim NL	Swim Fit	Swim For All	Closed	Swim NL	Swim For All	Bellshill Sharks - Swim Club	Swim For All	Swim For All	Free Dive
	5																
	4																
	3																
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Tuesday	6	Closed	Early Birds 7:30am	Swim For All.	Swim Fit	Swim Fit	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Bellshill Sharks - Swim Club	Swim For All	Swim For All	Swim For All
	5																
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Wednesday	6	Closed	Early Birds 7:30am	Swim For All.	Swim Fit	Swim Fit	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Bellshill Sharks - Swim Club	Swim For All	Swim For All	Swim For All
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Thursday	6	Closed	Early Birds 7:30am	Swim For All.	Swim Fit	Swim Fit	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Bellshill Sharks - Swim Club	Swim For All	Swim For All	Sub Aqua Club
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Friday	6	Bellshill Sharks - Swim Club	Early Birds 7:45am	Swim For All	Swim NL	Adult & Child Swim NL	Adult & Child - Swim NLL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Session Subject to Change
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	3																
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Saturday	6	Closed	Swim Lessons held in first 5m of pool - 13:30	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All	Session Subject to change	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Saturday Nigh Sports Scene
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Sunday	6	Closed	Swim Lessons held in first 5m of pool (10:00 - 12:00)	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All
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Lessons Lanes

Teaching Pool		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday	6	Closed	Swim For All	Swim For All	Swim For All	Adult & Child - Swim NL	Adult & Child - Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All
	5																
Tuesday	6	Closed	Swim For All	Swim For All	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All
	5																
Wednesday	6	Closed	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All
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Thursday	6	Closed	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All	Swim For All
	5																
Friday	6	Closed	Swim For All	Swim For All	Swim For All	Adult & Child - Swim NL	Swim For All	Swim For All	Adult & Child - Swim NL	Swim For All	Swim For All	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All
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Saturday	6	Closed	Swim For All	Swim For All	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All
	5																
Sunday	6	Closed	Swim For All	Swim NL	Swim For All	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim NL	Swim For All	Swim For All	Swim For All	Swim For All
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