

## YMCA CLUB POOL TIMETABLE - SESSION KEY

<b>Older Adults Swimming/Aqua (OA)</b>	General swimming session only open to older adults. Aqua - Low impact fitness exercises performed in the pool, with music. Non-swimmers welcome (please inform the instructor)
<b>Chelsea &amp; Westminster Swim Club (CWSC)</b>	One of London's largest swimming clubs, with development pathways to national & international level competition
<b>Family Swim (FS)</b>	Lane 1 is open for parents & children at the weekends. <i>Please refer to our under 16 rules</i> . Times are as follows: Saturday: 9.00-14.00 & 15.00-16.00. Sunday: 11.00-14.00 & 15.00-16.00
<b>Out To Swim (OTS)</b>	An LGBTQ+ Aquatics Club for adults based in London, Brighton and Bristol.
<b>Lifeguard Training (LG)</b>	Lifeguard training which takes place monthly. Please note when lifeguard training takes place the sessions in lane 4 move to lane 3
<b>Member Lane Swimming (MS)</b>	Lane swimming for members; Lanes are divided by speed. Please note lane speeds change depending on other sessions taking place in the pool
<b>Set Up Time (SU)</b>	Lane closed for lane set up/session transition
<b>Swim School (SS)</b>	YMCA Children's Swim School
<b>Swimming Lifestyle Courses (SLC)</b>	Adult swimming sessions which aim to develop water confidence, stroke technique and stamina. Groups are split into beginner, intermediate and advanced. Booking and further details are available from Club Reception
<b>Adult 121 Lessons (121)</b>	Adult 121 swimming sessions run by DMT swimming
<b>Goggle &amp; Giggle (G&amp;G)</b>	Children & Adult Swim School run by Goggle & Giggle swimming
<b>University College London (UCL)</b>	Lane swimming for UCL students
<b>Y Swim Club (YS)</b>	Y Swim is the YMCA members' swimming club, providing coached training sessions to help competent and developing swimmers improve technique, speed and stamina. Sessions are twice a week: Thursdays from 7.30pm, Sundays from 9.00am
<b>Notes</b>	<ul style="list-style-type: none"> <li>•<b>Please ensure social distancing both on pool side and in the pool</b></li> <li>•<b>Please note lane speeds change depending on other sessions taking place in the pool. Ask a lifeguard if unsure</b></li> <li>•<b>The timetable may change at short notice</b></li> </ul>