

## YMCA CLUB POOL TIMETABLE - SESSION KEY

Aqua (AQ)	Low impact fitness exercises performed in the pool, with music. Non-swimmers welcome (please inform the instructor)
Chelsea & Westminster Swim Club (CWSC)	One of London's largest swimming clubs, with development pathways to national & international level competition
Family Swim (FS)	Lane 1 is open for parents & children at the weekends. <i>Please refer to our under 16 rules</i> . Times are as follows: Saturday: 10.30-20.00, Sunday: 11.00-18.30
FloatFit (FF)	30 mins all on water! These low impact classes give a fun full body workout, with a mixture of high intensity and yoga-inspired classes to suit all abilities. <i>Please wear comfortable gym wear for this class i.e.: clean shorts and t-shirt</i>
Member Lane Swimming (MS)	Lane swimming for members; Lanes are divided by speed. Please note lane speeds change depending on other sessions taking place in the pool
Set Up Time (SU)	Lane closed for lane set up/session transition
Swimming lifestyle Courses (SLC)	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
Triathlon Swim (TS)	A coached endurance freestyle session, free to all members and guests, especially those training for triathlon and open water swimming
Y Swim Club (YS)	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 8pm, Sundays from 9.30am
Notes	<ul style="list-style-type: none"> <li>•<i>Please note lane speeds change depending on other sessions taking place in the pool. Ask a lifeguard if unsure</i></li> <li>•<i>During Float Fit classes there are no backstroke flags</i></li> <li>•<i>The timetable may change at short notice</i></li> </ul>