

YMCA CLUB POOL TIMETABLE - SESSION KEY

Older Adults Swimming/Aqua (OA)	<p>General swimming session only open to older adults.</p> <p>Aqua - Low impact fitness exercises performed in the pool, with music. Non-swimmers welcome (please inform the instructor)</p>
Chelsea & Westminster Swim Club (CWSC)	<p>One of London's largest swimming clubs, with development pathways to national & international level competition</p>
Family Swim (FS)	<p>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</p>
Out To Swim (OTS)	<p>An LGBTQ+ Aquatics Club for adults based in London, Brighton and Bristol.</p>
Lifeguard Training (LG)	<p>Lifeguard training which takes place monthly. Please note when lifeguard training takes place the sessions in lane 4 move to lane 3</p>
Member Lane Swimming (MS)	<p>Lane swimming for members; Lanes are divided by speed. Please note lane speeds change depending on other sessions taking place in the pool</p>
Set Up Time (SU)	<p>Lane closed for lane set up/session transition</p>
Swimming lifestyle Courses (SLC)	<p>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</p>
Y Swim Club (YS)	<p>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</p>
Notes	<ul style="list-style-type: none"> •Please note lane speeds change depending on other sessions taking place in the pool. Ask a lifeguard if unsure •During Float Fit classes there are no backstroke flags •The timetable may change at short notice