

YMCA CLUB POOL TIMETABLE **HOLIDAYS** - July 2023

		MONDAY																																
		0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
Shallow end	1	Member Lane Swimming																				1	Deep end											
	2	Member Lane Swimming																				2												
	2	Member Lane Swimming																				3												
	4	Member Swimming					CYP			Member lane Swimming							SLC			Birkbeck		MS		4										
	5	Member Swimming				CYP				Member lane Swimming							SLC			Birkbeck		MS		5										
		TUESDAY																																
		0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
Shallow end	1	Member Lane Swimming																				1	Deep end											
	2	Member Lane Swimming																				2												
	3	Member Swimming										Aqua	Member Swim									3												
	4	Member Swimming					CYP			MS	Aqua	Member Swim							UCL swimming club		Apnea UK			MS	4									
	5	Member Swimming				CYP				MS	Aqua	Member Swim							UCL swimming club		Apnea UK			MS	5									
		WEDNESDAY																																
		0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
Shallow end	1	Member Lane Swimming																				1	Deep end											
	2	Member Lane Swimming																				2												
	3	Member Lane Swimming																				3												
	4	Member Swimming					CYP			MS	Floatfit	Member swimming							UCL swim club		MS			4										
	5	Member Swimming				CYP				MS	Floatfit	Member swimming		LG	Member lane swimming				UCL swim club		MS			5										
		THURSDAY																																
		0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
Shallow end	1	Member Lane Swimming																				1	Deep end											
	2	Member Lane Swimming																				2												
	3	Member Lane Swimming																				3												
	4	Member Swimming					CYP			Member Lane Swimming							Aqua	Member Lane Swimming				Apnea club		MS		4								
	5	Member Swimming				CYP				Member Lane Swimming							Aqua	Member Lane Swimming				Apnea club		MS		5								
		FRIDAY																																
		0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
Shallow end	1	Member Lane Swimming																				1	Deep end											
	2	Member Lane Swimming																				2												
	3	Member Lane Swimming																				3												
	4	Member Swimming					CYP			Member Lane Swim							Swim Lifestyle Courses							4										
	5	Member Swimming				CYP				Positive Strokes			Member Lane Swim				Swim Lifestyle Courses							5										
		SATURDAY																																
		0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
Shallow end	1	Member Lane Swimming																				1	Deep end											
	2	Member Lane Swimming																				2												
	3	Member Lane Swimming																				3												
	4	Member Swimming					CYP			Member Lane Swim							Swim Lifestyle Courses							4										
	5	Member Swimming				CYP				Positive Strokes			Member Lane Swim				Swim Lifestyle Courses							5										

Shallow end	1	CLOSED	MS	Family Swim	Member Swim	CLOSED	1	Deep end
	2		Member Lane Swimming				2	
	3		Member Lane Swimming				3	
	4		Member Lane Swimming				4	
	5		Adult 121	LG	Adult 121		5	

SUNDAY

0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
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Shallow end	1	CLOSED	Member Swim	Family Swim	Member Swim	CLOSED	1	Deep end
	2		Member Lane Swimming				2	
	3		Member Lane Swimming				3	
	4		Member Swim		G&G		4	
	5		Member Swim	Floatfit	G&G		5	

YMCA CLUB POOL TIMETABLE - SESSION KEY

Aqua	Aqua - Low impact fitness exercises performed in the pool, with music. Non-swimmers welcome (please inform the instructor)
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: 9.00-14.00 & 15.00-16.00. Sunday: 11.00-14.00 & 15.00-16.00
Out To Swim (OTS)	An LGBTQ+ Aquatics Club for adults based in London, Brighton and Bristol.
Lifeguard Training (LG)	Lifeguard training which takes place monthly. Please note when lifeguard training takes place the sessions in lane 4 move to lane 3
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
School Swimming	Local schools swimming lessons
Swim School (SS)	YMCA Children's Swim School
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
Adult 121 Lessons (121)	Adult 121 swimming sessions run by DMT swimming
Goggle & Giggle (G&G)	Children & Adult Swim School run by Goggle & Giggle swimming
Float Fit	FloatFit gives a fun, full body workout on a body length, unstable, floating platform called the AquaBase which adds a new, powerful dimension to working out. The routines target muscles across the body and burn off 400 calories in 30 minutes, as the constant fight to stay afloat engages the body.
Birbeck Student Union - University	A university swimming club
Food 4 Exercise	121 swimming lessons
Apnea Club	Free diving club

Apnea UK

Adult 121 Lessons
(121)

Adult 121 swimming sessions run by YMCA swimming

Christel Clear Swim