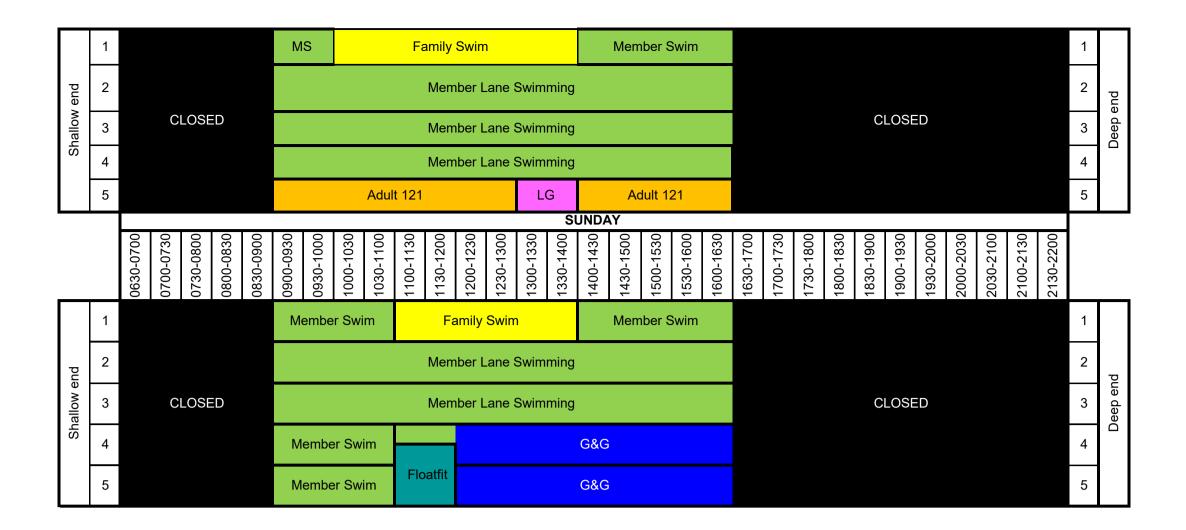
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## YMCA CLUB POOL TIMETABLE - SESSION KEY

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. Pease 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 dirving club

Apnea UK	
Adult 121 Lessons (121)	Adult 121 swimming sessions run by YMCA swimming
Christel Clear Swim	