

Swimming Pool Timetable

	07:30	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
MON		Public Swimming (Early Birds)					Swim Fit		Public Swimming		Swimming Lessons				Adults Only	
TUES				Pool open during school holidays' 10:00 - 15:30						Public Swimming		Swimming Lessons	Port Glasgow Otters			Adults Only
WED		Public Swimming (Early Birds)			Aqua Aerobics		Swim Fit		Public Swimming		Swimming Lessons			I.A.S.C	Adults Only	
THURS				Pool open during school holidays' 10:00 - 15:30						Public Swimming		Swimming Lessons	Municipal Club		Adults Only	
FRI					Aqua Aerobics		Swim Fit		Public Swimming				IL Swim Academy	I.A.S.C		
SAT			I.A.S.C		Public Swimming					Family Fun Session						
SUN						Swimming Lessons			Public Swimming			Port Glasgow Otters				

From 10am to 11am Mondays to Fridays during school holidays all children under 16 must be accompanied in the water by a responsible adult. Last admission to the public is 30mins before swimming session ends. An adult must accompany all children under 8 years of age in the water at all times. Guaranteed minimum sessions - Swimming 30mins: Health Suite 30mins. This programme is subject to review and may change to meet demands.