Teme Leisure Ludlow Swimming Pool Programme

N.B. Changes in the pool programme may be necessary due to maintenance, insufficient demand or occasional special events

Diving Pit | Main Pool

	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Monday	Lane Swimming			Starfish / Schools	Aquacise / Schools	Deep Water / Lunchtime Swim	Lunchtime Swim	Schools	Schools	Children's Lessons / Children's Lessons	Children's Lessons / Public 2 Lanes / 1 Lane Lesson	Ludlow Swim Club	Aquafit / Ladies Only			Adult Lanes
Tuesday	Lane Swimming			Aquanatal / Schools	Aquacise / Schools	Schools	Lunchtime Swim / Schools	Schools	Schools	Children's Lessons / Public Session	Public Session / 2 lanes / 1 Lane Lesson	Ludlow Swim Club	Aquafit			Adult Lanes
Wednesday	Lane Swimming			Schools	Aquacise / Schools	Schools	Lunchtime Swim / Schools	Schools	Parent & Toddler / Schools	Children's Lessons / Children's Lessons	Children's Lessons / 1 lane lesson	Public Session 2 Lanes	Aquafit			Adult Lanes
Thursday	Lane Swimming			Parent & Toddler / Schools	Aqua tots / Aquacise / Schools	Aquacise / Adult Lessons	Lunchtime Swim / Schools	Schools	Schools	Children's Lessons / Children's Lessons	Children's Lessons / Public Session 2 Lanes / 1 Lane Lesson	Lanes / 2 Lane Club	Aquafit / Adult Masters	Adult lessons		Adult Lanes
Friday	Lane Swimming			Schools	Parent & Toddler / Schools	Lunchtime Swim	Lunchtime Swim	Adult lessons	Lunchtime Swim	Children's Lessons / Children's Lessons	Children's Lessons / Public Session 2 Lanes / 1 Lane Lesson	Public Session 2 Lanes				Ludlow Swim Club
Saturday	Ludlow Swim Club / 2 Lanes		Swim Club / Ludlow Swim Club	Children's Lessons / Ludlow Swim Club	Family Fun / 2 Lane Lesson	2 Lanes	Public Session / 2 Lanes	Funky Floats / Giant Inflatable	Funky Floats / Giant Inflatable	Available for Kidz Parties / Available for Kidz Parties Pick up a leaflet today						
Sunday	Lane Swimming			Children's Lessons / Family Fun / 1 Lane Lesson	Family Fun / Flume	Flume	Starfish Swim / Public Session / 3 Lanes	Diving / Public Session / 2 Lanes	Public Session / 2 Lanes	Public Session / 2 Lanes	Ludlow Swim Club					

Starfish: All under 8s, including under 4s, can be supervised on a 1 responsible adult (aged 16+) to 2 children ratio.

School Holidays Pool Programme

N.B. Changes in the pool programme may be necessary due to maintenance, insufficient demand or occasional special events

Bank holiday Pool closure times may vary. Please check in advance.

	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Monday	Lane Swimming			Starfish / Intensive Lessons	Aquacise / Family Run	Deep Water / Family Run	Public Session	Public Session	Starfish / Giant Inflatable	Public Session / Giant Inflatable	Public Session / 2 Lanes	Ludlow Swim Club	Ladies Only	Aquafit		Adult Lanes
Tuesday	Lane Swimming			Aquanatal / Intensive Lessons	Aquacise / Family Fun	Public Session / 2 Lanes	Public Session / 2 Lanes	Public Session / 2 Lanes	Diving / Flume	Public Session / Flume	Public Session / 2 Lanes	Ludlow Swim Club		Aquafit		Adult Lanes
Wednesday	Lane Swimming			Intensive Lessons	Aquacise / Family Run	Family Run / 2 Lanes	Public Session / 2 Lanes	Public Session / 2 Lanes	Parent & Toddler / Starfish / Giant Inflatable	Public Session / Giant Inflatable	Public Session / 2 Lanes			Aquafit		Adult Lanes
Thursday	Lane Swimming			Starfish / Intensive Lessons	Aquacise / Adult Lessons / Family Run	Family Run / 2 Lanes	Public Session / 2 Lanes	Public Session / 2 Lanes	Diving / Flume	Public Session / Flume	Public Session / 2 Lanes	Lane Swim		Aquafit	Adult Lessons	Adult Lanes
Friday	Lane Swimming			Intensive Lessons	Parent & Toddler / Family Run	Family Run / 2 Lanes	Public Session / 2 Lanes	Adult Lesson / Public Session / Giant Inflatable	Starfish / Public Session / Giant Inflatable	Public Session / Giant Inflatable	Public Session / 2 Lanes					Ludlow Swim Club

For Saturday and Sunday see Normal Weekend Programme

Please note the pool will be closed on Sunday 28th September 2008, 8.30am - 1.30pm for the South Shropshire Triathlon