

# Bo'ness Recreation Centre

# POOL TIMETABLE

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30		
Monday	GENERAL SWIMMING (half pool)																													
	FIRSTswim club	LANE SWIMMING												AQUAFIT 1.45-2.15PM	LANE SWIMMING										BASC	SUBAQUA				
Tuesday	GENERAL SWIMMING (half pool)																													
	FIRSTswim club	LANE SWIMMING												TEAM TRAINING				AQUAFIT 6.30-7.15PM												
Wednesday	GENERAL SWIMMING (half pool)																													
	FIRSTswim club	AQUAFIT 9.45-10.30AM					LANE SWIMMING							ACTIVE FORTH AQUAFIT 1.00-1.45PM		LANE SWIMMING													FREE DIVING	
Thursday	GENERAL SWIMMING (half pool)																													
	FIRSTswim club	LANE SWIMMING														CLOSED		SWIMMING LESSONS TERM TIME ONLY				BASC SWIM CLUB								
Friday	GENERAL SWIMMING (half pool)																													
	FIRSTswim club	LANE SWIMMING																BASC				LANE SWIMMING								
Saturday	CLOSED			BASC SWIM CLUB		SWIMMING LESSONS TERM TIME ONLY				CLOSED	GENERAL SWIMMING FUN SESSIONS ALTERNATIVE DATES										CLOSED									
	DIVING ADVENTURES SCOTLAND 30th July, 27th August 29th Oct, 26th Nov, 10th Dec																													
Sunday	CLOSED				GENERAL SWIMMING (half pool)							DIVING ADVENTURES SCOTLAND 31st July, 28th August 2nd,30th Oct, 27th Nov, 11th Dec										CLOSED								
	LANE SWIMMING					GENERAL SWIMMING FUN SESSIONS ALTERNATIVE DATES																								