

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	FIRST swim club	GENERAL SWIMMING (half pool)																													
		LANE SWIMMING												AQUAFIT 1.45-2.15PM		LANE SWIMMING												SUBAQUA			
	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			
Tuesday	FIRST swim club	GENERAL SWIMMING (half pool)																													
		LANE SWIMMING														TEAM TRAINING										AQUAFIT 6.35-7.20PM					
	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			
Wednesday	FIRST swim club	GENERAL SWIMMING (half pool)																												SCUBA T	
		LANE SWIMMING				AQUAFIT 9.45AM - 10.30AM					ACTIVE FORTH 11.45AM-12.30PM				LANE SWIMMING																
																														FREE DIVING	
	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			
Thursday	FIRST swim club	GENERAL SWIMMING (half pool)														CLOSED		SWIMMING LESSONS TERM TIME ONLY				BASC SWIM CLUB									
		LANE SWIMMING																													
	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			
Friday	FIRST swim club	GENERAL SWIMMING (half pool)																													
		LANE SWIMMING																													
	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			
Saturday		CLOSED		BASC SWIM CLUB		SWIMMING LESSONS TERM TIME ONLY				CLOSED	GENERAL SWIMMING FUN SESSIONS ALTERNATIVE DATES										CLOSED										
	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			
Sunday		CLOSED				GENERAL SWIMMING (half pool)														CLOSED											
						LANE SWIMMING						GENERAL SWIMMING FUN SESSIONS ALTERNATIVE DATES																			