

Tuesday 16th July 2024	Time
Lane 3 Swimming	07:00 - 08:00
Lane 1 Swimming	07:00 - 08:00
Lane 2 Swimming	07:00 - 08:00
Lane 1 Swimming	08:00 - 09:00
Lane 3 Swimming	08:00 - 09:00
Lane 2 Swimming	08:00 - 09:00
S L Crash Course	09:00 - 09:30
S L Crash Course	09:30 - 10:00
Aquafit	10:15 - 11:00
Public Swimming	11:00 - 12:00
Small Pool Family	11:00 - 12:00
Lane 1 Swimming	11:00 - 12:00
Small Pool	11:00 - 12:00
Inflatable Fun	13:30 - 14:30
Public Swimming	14:30 - 15:30
Learn 2 Swim Pool Closed To The Public	15:45 - 16:15
Learn 2 Swim Pool Closed To The Public	16:25 - 16:55
Learn 2 Swim Pool Closed To The Public	17:00 - 17:30

Wednesday 17th July 2024	Time
Lane 1 Swimming	07:00 - 08:00
Lane 2 Swimming	07:00 - 08:00
Lane 3 Swimming	07:00 - 08:00
Lane 2 Swimming	08:00 - 09:00
Lane 1 Swimming	08:00 - 09:00
Lane 3 Swimming	08:00 - 09:00
S L Crash Course	09:00 - 09:30
Toddler Time	09:00 - 10:00
S L Crash Course	09:30 - 10:00
Rehab	10:00 - 11:00
Small Pool Family	11:00 - 12:00
Small Pool	11:00 - 12:00
Lane 2 Swimming	11:00 - 12:00
Lane 1 Swimming	11:00 - 12:00
Public Swimming	11:00 - 12:00
Inflatable Fun	13:30 - 14:30
Aqua Games	14:30 - 15:30
Learn 2 Swim Pool Closed To The Public	15:45 - 16:15
Learn 2 Swim Pool Closed To The Public	16:25 - 16:55
Lane 1 Swimming	17:15 - 18:15
Lane 2 Swimming	17:15 - 18:15
Lane 3 Swimming	17:15 - 18:15
Aquafit	18:15 - 19:00
Aqua Circuits	19:00 - 19:45

Thursday 18th July 2024	Time
Swimming Club	18:00 - 21:00
Eyemouth Swimming Club	18:00 - 21:00

Friday 19th July 2024	Time
Lane 2 Swimming	07:00 - 08:00
Lane 1 Swimming	07:00 - 08:00
Lane 3 Swimming	07:00 - 08:00
Lane 1 Swimming	08:00 - 09:00
Lane 3 Swimming	08:00 - 09:00
Lane 2 Swimming	08:00 - 09:00
S L Crash Course	09:00 - 09:30
Public Swimming	09:00 - 10:00
S L Crash Course	09:30 - 10:00
Rehab	10:00 - 11:00
Lane 2 Swimming	11:00 - 12:00
Public Swimming	11:00 - 12:00
Small Pool Family	11:00 - 12:00
Lane 1 Swimming	11:00 - 12:00
Small Pool	11:00 - 12:00
Public Swimming	12:00 - 13:00
Diving Board	13:30 - 14:30
Public Swimming	14:30 - 15:30
Learn 2 Swim Pool Closed To The Public	15:45 - 16:15
Learn 2 Swim Pool Closed To The Public	16:25 - 16:55
Lane 3 Swimming	17:15 - 18:15
Lane 2 Swimming	17:15 - 18:15
Lane 1 Swimming	17:15 - 18:15
Fun Session	18:15 - 19:00

Saturday 20th July 2024	Time
Family Swimming	09:00 - 10:00
Small Pool	09:00 - 10:00
Public Swimming	09:00 - 10:00
Small Pool Family	09:00 - 10:00
Family Swimming	10:00 - 11:00
Small Pool	10:00 - 11:00
Public Swimming	10:00 - 11:00
Small Pool Family	10:00 - 11:00
Small Pool Family	11:00 - 12:00
Family Swimming	11:00 - 12:00
Small Pool	11:00 - 12:00
Public Swimming	11:00 - 12:00
Fun Session	12:00 - 13:00

Sunday 21st July 2024	Time
Lane 3 Swimming	09:00 - 10:00
Lane 1 Swimming	09:00 - 10:00
Lane 2 Swimming	09:00 - 10:00
Small Pool Family	10:00 - 11:00
Small Pool	10:00 - 11:00
Family Swimming	10:00 - 11:00
Public Swimming	10:00 - 11:00
Family Swimming	11:00 - 12:00
Public Swimming	11:00 - 12:00
Small Pool Family	11:00 - 12:00
Small Pool	11:00 - 12:00
Small Pool	12:00 - 12:30
Family Swimming	12:00 - 12:30
Public Swimming	12:00 - 12:30
Fun Session	12:30 - 13:30

Monday 22nd July 2024	Time
Lane 1 Swimming	07:00 - 08:00
Lane 2 Swimming	07:00 - 08:00
Lane 3 Swimming	07:00 - 08:00
Lane 1 Swimming	08:00 - 09:00
Lane 3 Swimming	08:00 - 09:00
Lane 2 Swimming	08:00 - 09:00
S L Crash Course	09:00 - 09:30
S L Crash Course	09:30 - 10:00
Rehab	10:00 - 11:00
Lane 1 Swimming	11:00 - 12:00
Public Swimming	11:00 - 12:00
Lane 2 Swimming	11:00 - 12:00
Lane 2 Swimming	12:00 - 13:00
Lane 1 Swimming	12:00 - 13:00
Public Swimming	12:00 - 13:00
Inflatable Fun	13:30 - 14:30
Public Swimming	14:30 - 15:30
Learn 2 Swim Pool Closed To The Public	15:45 - 16:15
Learn 2 Swim Pool Closed To The Public	16:25 - 16:55
Splash Group	17:00 - 17:30
Lane 3 Swimming	17:15 - 18:15
Lane 1 Swimming	17:15 - 18:15
Lane 2 Swimming	17:15 - 18:15
Eyemouth Swimming Club	18:00 - 21:00
Swimming Club	18:15 - 21:15