

# Alford Swimming Pool

19th August 2019 - 13th October 2019

Day	Start	End	Activity
Monday	06:30	09:25	Public Lane Swim/Club Use
	09:30	10:15	AquaFit
	10:30	11:25	Public Session
	11:30	13:25	Public Lane Swim
	13:30	15:55	Public Swim
	16:00	19:00	Junior Lessons
	19:15	20:00	Public Swim
	20:15	20:00	Aqua Hit
	20:05	22:00	Public 2 Lane Swim
	Tuesday	06:30	08:55
09:00		09:55	Public Swim
10:00		11:00	Adult & Child Lessons
11:00		12:30	Adult Lessons
13:00		14:30	Pre-School Lessons
14:35		15:40	Public Swim
16:00		18:30	Club Use
18:40		19:25	Float Fit
19:40		20:40	Aqua Zumba
20:45		22:00	Public 2 Lane Swim
Wednesday	06:30	08:40	Public Lane Swim/Club Use
	08:40	12:00	School Use
	12:05	12:55	Public Session
	13:00	15:00	Adult & Child and Pre-School Lessons
	15:05	15:55	Public Swim
	16:00	18:00	Junior Lessons
	18:00	19:00	Public Lane Swim
	19:00	21:00	Club Use
	21:00	22:00	Public 2 Lane Swim

## Timetable Information

All details are correct at time of publication but for up to date information please check the website.

\* Private hire available

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[lifelifeaberdeenshire.org.uk](http://lifelifeaberdeenshire.org.uk)

Part of *Aberdeenshire Council*

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Day	Start	End	Activity
Thursday	06:30	09:25	Public Lane Swim
	09:30	10:15	AquaFit
	10:30	11:30	Pre-School Lessons
	11:30	12:00	Adult & Chil Lessons
	12:05	13:30	School Use
	13:45	14:45	Family Session
	14:50	15:50	Public Swim
	16:00	18:30	Club Use
	18:30	20:00	Public Swim
	20:05	21:45	Public Lane Swim
	Friday	06:30	09:25
09:00		09:45	Float Fit
09:50		10:30	Quick Dip
10:40		12:20	School Use
12:25		14:00	Public Swim
14:05		15:15	Family Fun Session
15:30		17:30	Junior Lessons
17:45		19:00	Fun Session
19:15		20:00	Aqua Hit
20:05	22:00	Public 2 Lane Swim	
Saturday	09:00	11:00	Junior Lessons
	11:00	12:00	Public Lane Swim
	12:00	13:00	Fun Session
	13:00	14:00	Public Swim
	14:05	14:55	Family Fun Session
Sunday	15:00	16:00	Public Swim/Also available to hire
	11:00	12:00	Public Lane Swim
	12:05	13:55	Family Fun Session
	14:00	15:00	Fun Session
	15:00	16:00	Public Swim
	16:15	19:15	Club Use

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