

# Timetable 23<sup>rd</sup> October to 22<sup>nd</sup> December 2017



Mid Argyll  
Community Pool

Last entry 30 minutes before close or next session.

	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday						<b>L A N E  S W I M M I N G</b>				 PUBLIC SWIMMING				
Tuesday														
Wednesday														
Thursday														
Friday														
Saturday														
Sunday														

KEY Adults Young People

Please note: Last entry 30 minutes before close or next session.

The timetable may change at short notice. Please check the interactive timetable [www.macpool.org.uk](http://www.macpool.org.uk) for last minute alterations.

## Young People & Adults

### EARLY BIRD | drop in

Early Morning Swim. One for the early birds. Public swimming from 7am on Tuesdays and Thursdays.

### LANE SWIMMING | drop in

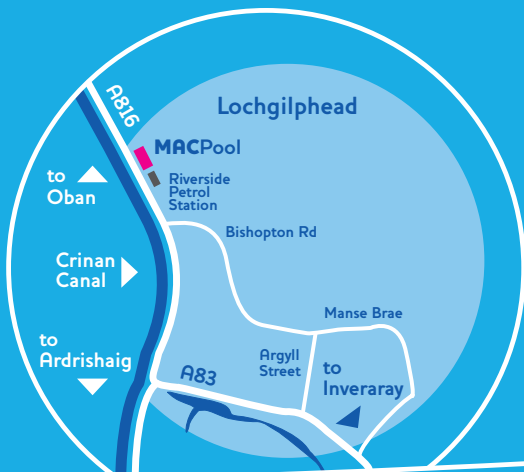
Fast and slow lanes available.

### PUBLIC SWIMMING | drop in

General admission swimming.

### SILENT SESSION | drop in

A music free hour.



## Adults

### ADULTS ONLY | drop in

Just as it says... swimming for adults only.

### BODY BLITZ | drop in

A well rounded workout, focusing on using the water to sculpt and tone the body. The perfect workout!

### FIT FOR 50 | drop in

In water exercise for the over 50's.

### H2O BOOT CAMP! | booking essential

Start your day with a high intensity class that challenges you with variety, speed, drills, intense cardio segments and leaves you on a high.

### HOURGLASS AQUA CLASS | drop in

Assists with weight loss, muscle toning and overall fitness. No swimming ability required, great music provided!

### HYDROTHERAPY | drop in

Health and fitness Hydrotherapy session for people with additional needs.

### OVER 50's | drop in

General swimming for the over 50's.

### SWIM FIT | drop in

For swimmers who want to get in shape and improve stamina.

## Young People

### ADULT & CHILD LESSONS | drop in

Beginners swimming lessons for children aged 0-5 years.

### FAMILY FUN | drop in

Playtime for all the family with balls, floats and toys.

### LEARN TO SWIM | 0-16 years | booking essential

Swimming lessons for all abilities. Delivered by STA Qualified Teachers.

### MAYDS BOYS IN ACTION | 8-18 years | drop in

Free entry for boys and young men

### MAYDS GIRLS ON THE MOVE | 8-18 years | drop in

Free entry for girls and young women.

### MID ARGYLL DOLPHINS | 8-18 years

Mid Argyll Dolphins group aims to improve swimming technique, build fitness and stamina, develop competitive swimming.

**MACPool is run by the community, for the community and is a registered charity.**

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We accept Switch, Visa and Mastercard.

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