

# Cascades Term Time Programme

WEEKDAYS	8.00-9.00AM	9.00-10.00AM	10.30-11.30AM	12.00-1.00PM	1.30-3.00PM	4.00-7.00PM	7.00-8.00PM
MONDAY	Closed	Deep Swimming Tots Swim Hydro (45min)	Schools	Lunch Time Dip	Schools	Swim Lessons	Ladies Only Hydro Bump
TUESDAY	Staff Training	Aquacise	Schools	Lunch Time Dip	Schools	Swim Lessons	Fitness Swim
WEDNESDAY	Closed	Deep Swimming Tots Swim Hydro (45min)	Schools	Lunch Time Dip	Schools	Swim Lessons	Deep Swimming Hydro (45min)
THURSDAY	Staff Training	Ladies Only Tots Swim Hydro Bump	Schools	Lunch Time Dip	Schools	Swim Lessons	Fitness Swim
FRIDAY	Closed	Deep Swimming Tots Swim Hydro (45min)	Schools	Lunch Time Dip	Schools	Swim Lessons	Closed
WEEKEND	7.30-9.30AM	10.00-11.30AM	12.00-1.30PM	2.00-3.30PM	4.00-5.30PM	<b>Additional Information</b>  Please bring 20pence for lockers  Card Payments only for additional sales	
SATURDAY	Swim Lessons	Fun & Flumes	Fun & Flumes	Fun & Flumes	Quiet Time Waves Only		
SUNDAY	Swim Lessons	Fun & Flumes	Fun & Flumes	Fun & Flumes	Quiet Time Waves Only		