

# Cascades Holiday Programme

WEEKDAYS	8.00-9.00AM	9.00-10.00AM	10.00-11.30AM	12.00-1.30PM	2.00-3.30PM	4.00-5.30PM	7.00-8.00PM
MONDAY	Closed	Deep Swimming Tots Swim Hydro (45min)	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fun & Flumes	Ladies Only Hydro Bump
TUESDAY	Staff Training	Fitness Swim Tots Swim	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fitness Swim
WEDNESDAY	Closed	Deep Swimming Tots Swim Hydro (45min)	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fun & Flumes	Deep Swimming Hydro (45min)
THURSDAY	Staff Training	Ladies Only Tots Swim Hydro Bump	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fitness Swim
FRIDAY	Closed	Deep Swimming Tots Swim Hydro (45min)	Fun & Flumes	Fun & Flumes	Fun & Flumes	Fun & Flumes	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/vending	
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		