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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | **MONDAY** | | | | | | | | | | **TUESDAY** | | | | | | | | | | | **WEDNESDAY** | | | | | | | | | | **THURSDAY** | | | | | | | | | | | **FRIDAY** | | | | | | | | | | **SATURDAY** | | | | | | | | | | | | **SUNDAY** | | | | | | | | |
| **5.30am** | | | 1 | 2 | | 3 | | 4  25m POOL | 5 | 6 | 7 | 8 | 1 | 2 | | 3 | | 4 | 5 | 6 | 7 | 8 | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 1 | | 2 | | 3 | 4 | 5 | 6 | 7 | 8 | | 1 | | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | CLOSED | | | | | | | | | | | | | | | | | | | | | |
| **6.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |
| **6.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |
| **7.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |
| **7.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |
| **8.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |
| **8.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  | 1 | | | 2 | | 3 | 4 | 5 | 6 | 7 | | 8 | 1 | | | 2 | 3 | 4 |  |  |  |  | |
| **9.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **9.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **10.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **10.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **11.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **11.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **12.00pm** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **12.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **1.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **1.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **2.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **2.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **3.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **3.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **4.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **4.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **5.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **5.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |  | | |  | |  |  |  |  |  | |  |  | | |  |  |  |  |  |  |  | |
| **6.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  | CLOSED  Indicates Group Booking  Times may vary. | | | | | | | | | | | | | | | | | | | | | |
| **6.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |  | | |  |  |  |  |  |  |  |
| **7.00** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | | CLOSED | | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | |
| **7.30** | | |  |  | |  | |  |  |  |  |  |  |  | |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  | |
| **8.00** | | | CLOSED | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | |
|  | SEA-LYONS LTS | | |  | | LAP LANES FREE | | | | | | | |  | | RECREATIONAL SWIMMING LANES | | | | | | | | | | | | | | |  | | | | SOMERSET S.L.S.C. | | | | | | |  | | | SEA-LYONS FITNESS  Rec area still available | | | | | | | | | |  | | B.A.S.C | | | | | |  | | | | S.A.S | | | | | | | | | |

**Lane Etiquette**

To Ensure a Better Swimming Experience for Everyone

**Choose the Correct Lane**

* Our signs are labelled Slow/Medium/Fast. Observe the lanes before choosing the one to best match your speed.

**Keep Left**

* Always swim to the left of the black line to avoid collision between swimmers.
* Stand in the left-hand corner of the lane during rest periods to allow other swimmers to turn on the center of the wall.

**Sharing a Lane= Swim Freestyle**

* Short drills involving other strokes are ok if kept to a minimum, be mindful of others when doing so.

**Passing/Letting Swimmers Through**

* If you catch a slower swimmer, turn ahead of the swimmer while they are at the wall.
* If a faster swimmer catches you, you should stop briefly at the next end and let them past.
* If you are regularly being overtaken or overtaking other swimmers, please move to a lane more appropriate to your speed.

PLEASE DO NOT BE OFFENDED IF A LIFEGAURD ASKS YOU TO MOVE LANES. OUR LIFEGUARDS ARE HERE TO ASSIST YOU. **IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO ASK US**