

Hilsea Lido Summer Swim Programme

Days	Lane	6:00				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				21:00			
		00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45	00	15	30	45												
Mon	1	Lane Swimming								Aqua				Open Swimming Session																Dive Club Night - PNSO & BSAC								Pool Closed																											
	2	Lane Swimming								Aqua				Open Swimming Session																Dive Club Night - PNSO & BSAC																																			
	3	Lane Swimming								Aqua				Open Swimming Session																Dive Club Night - PNSO & BSAC																																			
	4	Lane Swimming								Aqua				Open Swimming Session																Dive Club Night - PNSO & BSAC																																			
	5	Club Bookings								Aqua				School								Lane Swimming								Cold Water Inductions				Lane Swimming																															
	6	Club Bookings								Aqua				School								Lane Swimming								Cold Water Inductions				Lane Swimming																															
Tue	1	Lane Swimming								Open Swimming Session																Club Hire								Pool Closed																															
	2	Lane Swimming								Open Swimming Session																Club Hire																																							
	3	Lane Swimming								Open Swimming Session																Club Hire																																							
	4	Lane Swimming								Open Swimming Session																Club Hire																																							
	5	Cold Water Inductions				Coaching Sessions				Lane Swimming																Cold Water Inductions				Coaching Sessions																																			
	6	Cold Water Inductions				Coaching Sessions				Lane Swimming																Cold Water Inductions				Coaching Sessions																																			
Wed	1	Lane Swimming								Aqua				Open Swimming Session								Inflatable				Club Hire				Paddle Yoga 2 Sessions				Pool Closed																															
	2	Lane Swimming								Aqua				Open Swimming Session								Inflatable				Club Hire				Paddle Yoga 2 Sessions																																			
	3	Lane Swimming								Aqua				Open Swimming Session								Inflatable				Club Hire				Paddle Yoga 2 Sessions																																			
	4	Lane Swimming								Aqua				Open Swimming Session								Inflatable				Club Hire				Paddle Yoga 2 Sessions																																			
	5	Sip & Dip Veterans								Aqua				School								Inflatable				Club Hire				Paddle Yoga 2 Sessions																																			
	6	Sip & Dip Veterans								Aqua				School								Inflatable				Club Hire				Paddle Yoga 2 Sessions																																			
Thu	1	Lane Swimming								Aqua				General Swimming Session								Club Hire								Pool Closed																																			
	2	Lane Swimming								Aqua				General Swimming Session								Club Hire																																											
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	4	Lane Swimming								Aqua				General Swimming Session								Club Hire																																											
	5	Portsmouth Triathletes								Lane Swimming																Club Hire																																							
	6	Portsmouth Triathletes								Lane Swimming																Club Hire																																							
Fri	1	Lane Swimming								Aqua				Open Swimming Session								Inflatable				Portsmouth Triathletes				Summer Twilight Swims				Pool Closed																															
	2	Lane Swimming								Aqua				Open Swimming Session								Inflatable				Portsmouth Triathletes				Summer Twilight Swims																																			
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	6	Cold Water Inductions				Coaching Sessions				Lane Swimming																Portsmouth Triathletes				Summer Twilight Swims																																			
Sat	1	Pool Closed								Lane Swimming								Open Swimming Session								Inflatable				Open Swimming Session								Private Hire/Club Session								Pool Closed																			
	2	Pool Closed								Lane Swimming								Open Swimming Session								Inflatable				Open Swimming Session								Private Hire/Club Session																											
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	5	Pool Closed								Club Bookings								Lane Swimming																Open Swimming Session								Private Hire/Club Session																							
	6	Pool Closed								Club Bookings								Lane Swimming																Open Swimming Session								Private Hire/Club Session																							
Sun	1	Pool Closed								Lane Swimming								Open Water Swimming Session								Inflatable				Open Water Swimming Session								Self Hire Club Slot								Pool Closed																			
	2	Pool Closed								Lane Swimming								Open Water Swimming Session								Inflatable				Open Water Swimming Session								Self Hire Club Slot																											
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Hilsea Lido Summer Holiday Swim Programme

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