

Swimming Term Time Table

Cygnets Leisure Centre Tel: 01474 337484-5

Monday

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| Early Bird Swimming | 7.00am - 8.30am |
| Schools | 9.00am - 10.00am |
| General Swimming & Swimming Lessons | 10.00am - 12.00pm |
| Lunch Time Dip | 12.00pm - 1.30pm |
| Schools | 1.30pm - 2.30pm |
| General Swimming & Swimming Lessons | 2.30pm - 6.45pm |
| Diving Lessons | 4.00pm - 5.30pm |
| Gravesend & Northfleet Swimming Club | 7.00pm - 9.00pm |

Tuesday

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|---|-------------------|
| Early Bird Swimming | 7.00am - 8.30am |
| Schools | 8.30am - 10.00am |
| General Swimming, Swimming Lessons & Aquacise (11am-12pm) | 10.00am - 12.00pm |
| Lunch Time Dip | 12.00pm - 1.30pm |
| Schools | 1.30pm - 2.30pm |
| General Swimming & Swimming Lessons | 2.30pm - 7.45pm |
| Over 25's | 8.00pm - 9.30pm |

Wednesday

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| Early Bird Swimming | 7.00am - 8.30am |
| Schools | 8.30am - 10.30am |
| 50+ Swimming & Swimming Lessons | 10.30am - 12.00pm |
| Lunch Time Dip | 12.00pm - 1.30pm |
| Schools | 1.30pm - 2.30pm |
| General Swimming & Swimming Lessons | 2.30pm - 8.30pm |
| Sub Aqua Club & Adult Lessons | 8.30pm - 9.30pm |

Thursday

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|---|-------------------|
| Early Bird Swimming | 7.00am - 8.30am |
| Schools | 8.30am - 10.30am |
| Ladies Only & Swimming Lessons | 10.30am - 12.00pm |
| Lunch Time Dip | 12.00pm - 1.30pm |
| Schools | 1.30pm - 2.30pm |
| General Swimming & Swimming Lessons | 2.30pm - 6.45pm |
| Ladies Only Swimming & Swimming Lessons | 7.00pm - 9.30pm |
| Aquacise | 8.30pm - 9.30pm |

Friday

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|--------------------------------------|-------------------|
| Early Bird Swimming | 7.00am - 8.30am |
| Schools | 8.30am - 10.30am |
| General Swimming | 10.30am - 12.00pm |
| Aquacise | 11.00am - 12.00pm |
| Lunch Time Dip | 12.00pm - 1.30pm |
| Schools | 1.30pm - 2.30pm |
| General Swimming & Swimming Lessons | 2.30pm - 6.45pm |
| Gravesend & Northfleet Swimming Club | 7.00pm - 9.30pm |

Saturday

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| Gravesend & Northfleet Swimming Club | 7.45am - 9.45am |
| General Swimming & Swimming Lessons | 10.00am - 4.45pm |
| Diving Boards | 11.00am - 4.00pm |
| Disability Swimming | 5.00pm - 6.00pm |

Sunday

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| Adult Fitness Swim | 8.45am - 9.45am |
| Family Fun Hour | 10.00am - 11.00am |
| Diving Boards | 11.00am - 4.00pm |
| General Swimming & Birthday Parties | 11.00am - 4.45pm |
| Life Saving Club | 5.00pm - 7.00pm |
| Gravesend & Northfleet Swimming Club | 7.00pm - 9.00pm |