	Dunston Leisure Centre - Term Time Pool Programme   Applies from 6th Jan 202     Swim for All   Lane swim   Drop in swimming session restricted to stated user groups   Swim Lessons   School Swim Lessons   Aquatic Fitness C     Where Small pool shows 'Half pool' this pool is shared with lessons   School Swim Lessons   School Swim Lessons   Aquatic Fitness C													shange.	
	GATESH	Whe	re Small pool shows	'Half pool' this po	ool is shared with	lessons									
	MONDAY	06:30 07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
-	Lane 1 Lane 2	+													
Dunston	Lane 3						Aquafit in shallow end								Male Only
unc	Lane 4						public swimming in		chools			Lesso	ns		
	Lane 5 Lane 6						deep end								
	Small pool				Age 0-	-3 lessons		S	chools			Lesso	ns		
	TUESDAY	06:30 07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	÷													
	Lane 2 Lane 3												CANNASC		0000
ün	Lane 4				0.1				Oshaala				GAWASC		GSSC
	Lane 5 Lane 6			Schools			Schools								
	Small pool				Schools		Schools		Schools			Lessor	Lessons		
	WEDNESDAY	06:30 07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1			-											Famala Only
	Lane 2 Lane 3		Aquafit in shallow end											_	Female Only
	Lane 4		public												
	Lane 5 Lane 6	swimming in deep end		Schools		Schools		chools		Staff Training		GAWASC			
	Small pool				Scho	Schools		Schools			Half Pool		ool		
	THURSDAY	06:30 07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
	Lane 1	-													
Dunston	Lane 2 Lane 3	+		Aquafit in shallow end											
sung	Lane 4			public								Lessons	Adults		GSSC
	Lane 5 Lane 6	deep and		swimming in deep end	Schools		Schools		chools						
	Small pool				Scho	ools		S	chools			Half Po	lool	Adult	S
	FRIDAY	06:30 07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1														GAWASC
	Lane 2 Lane 3														GAWASC
sunc	Lane 4						Cabaala					Lessons			
	Lane 5 Lane 6				Adult Lessons		Schools		choois						
	Small pool				Age 0-3 lessons			S	chools			Half Pool			
	SATURDAY	06:30 07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	· ·													
	Lane 2 Lane 3	ł													
	Lane 4	1					Lessons			Send Family Swim					
	Lane 5 Lane 6	1	G	AWASC	GSSC alterna	te weeks			-						
	Small pool			Half P		1	l i-t	Lesson							
	SUNDAY	06:30 07:00	08:00	09:00	Please chec 10:00	11:00	d social media	or updates	on weekend s	swimming at D 15:00	unston due to	9 galas. 17:00	18:00	19:00	20:00
ston	Lane 1														·
										0000			Female Only		
sun	Lane 4									GSSC					
					Lessons									-	
I				Half p	001		Half pool								
Dunston	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6		Lessons						GSSC						
		Il pool Half pool Half pool   Please check web site and social media for updates on weekend swimming at Dunston due to galas.													