

# Meridian Leisure Centre

## Fitness and Main Pool Programme

21st - 27th December

### LANE SWIMMING

Our Lane Swimming sessions will include single and double lanes only.

### GENERAL SWIM

Our general swim sessions will include at least one lane and the remainder of the lanes to be general swim.

In reduced General Swim sessions there will be no lane swimming available.

*(Most sessions will utilise only six lanes of the pool, there will be some sessions where the pool is shared with the Louth Swimming Club and a reduction of lanes available)*

	MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25		SATURDAY 26		SUNDAY 27		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am		Fitness Session				Fitness Session									6am
7am	Lane Swimming	Fitness Session				Fitness Session									7am
8am	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session							8am
9am		Fitness Session		Fitness Session		Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session					9am
10am	Swim Lessons (4 lanes)	Fitness Session		Fitness Session	General Swim	Fitness Session		Fitness Session	General Swim	Fitness Session					10am
11am		Fitness Session	Leisure (Baby) Pool	Fitness Session	Leisure (Baby) Pool	Fitness Session		Fitness Session	Leisure (Baby) Pool	Fitness Session					11am
12pm		Fitness Session	Swim Lessons	Fitness Session	Lane Swimming	Fitness Session									12pm
1pm	General Swim	Fitness Session	General Swim	Fitness Session											1pm
2pm	Leisure (Baby) Pool	Fitness Session		Fitness Session											2pm
3pm		Fitness Session													3pm
4pm		Fitness Session													4pm
5pm	Swim Lessons	Fitness Session	Swim Lessons	Fitness Session	General Swim	Fitness Session									5pm
6pm		Fitness Session		Fitness Session		Fitness Session									6pm
7pm	Louth Swim Club	Fitness Session	Lane (4 lanes)	Fitness Session	Lane Swimming	Fitness Session									7pm
8pm	Lane Swimming	Fitness Session													8pm
9pm															9pm

CLOSED

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used in the fitness sessions.

# Meridian Leisure Centre

## Fitness and Main Pool Programme

28th December - 3rd January 2021

### LANE SWIMMING

Our Lane Swimming sessions will include single and double lanes only.

### GENERAL SWIM

Our general swim sessions will include at least one lane and the remainder of the lanes to be general swim.

In reduced General Swim sessions there will be no lane swimming available.

*(Most sessions will utilise only six lanes of the pool, there will be some sessions where the pool is shared with the Louth Swimming Club and a reduction of lanes available)*

	MONDAY 28		TUESDAY 29		WEDNESDAY 30		THURSDAY 31		FRIDAY 1		SATURDAY 2		SUNDAY 3		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am															6am
7am															7am
8am					Lane Swimming	Fitness Session									8am
9am			General Swim	Fitness Session			Lane Swim	Fitness Session							9am
10am				Fitness Session	Gen Swim	Swim Lessons	Fitness Session								10am
11am			Leisure (Baby) Pool	Swim Lessons					Leisure (Baby) Pool	Swim Lessons	Fitness Session				11am
12pm					Louth Swim Club										12pm
1pm															1pm
2pm															2pm
3pm															3pm
4pm															4pm
5pm			Swim Lessons	Fitness Session											5pm
6pm				Fitness Session	Swim Lessons	Fitness Session									6pm
7pm			Louth Swim Club (4 lanes)	Fitness Session											7pm
8pm			General Swim	Fitness Session			Lane Swim (2 Lane)	Fitness Session							8pm
9pm															9pm

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used in the fitness sessions.