

# Meridian Leisure Centre Fitness and Main Pool Programme

## 31st August - 6th September

### BANK HOLIDAY OPENING TIMES

The venue will be open 8am-10.30am

Instructor-led  
Classes Instructor:

**LAURA**

Tuesday & Wednesday &  
Friday  
Aquacise

### LANE SWIMMING

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

### FAMILY SWIM

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

(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 31st		Tuesday 1st		Wednesday 2nd		Thursday 3rd		Friday 4th		Saturday 5th		Sunday 6th				
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym			
6am															6am		
7am			Lane Swimming	Fitness Session		Fitness Session			Lane Swimming	Fitness Session					7am		
8am				Fitness Session	Lane Swimming	Fitness Session		Fitness Session		Fitness Session					8am		
9am	Family Swim	Fitness Session		Fitness Session		Fitness Session		Family Swim	Fitness Session	Lane Swimming	Fitness Session	Louth Tri Club	Lane Swim (2 lanes)	Fitness Session	9am		
10am	Family Swim	Fitness Session	Lane Swimming	Fitness Session		Fitness Session			Fitness Session		Fitness Session		Lane Swimming	Fitness Session	10am		
11am				Fitness Session		Fitness Session			Fitness Session		Fitness Session			Fitness Session	11am		
12pm	<b>BANK HOLIDAY</b>		Aquacise	Fitness Session		Fitness Session		Fitness Session	Aquacise	Fitness Session		Family Swim	Fitness Session	Family Swim	12pm		
1pm				Family Swim									Family Swim	Fitness Session	Family Swim	1pm	
2pm																	2pm
3pm																	3pm
4pm																	4pm
5pm					Family Swim	Fitness Session		Fitness Session		Family Swim (No Lane)	Family Swim	Fitness Session					5pm
6pm					Louth Swim Club	Lane Swim (2 lanes)	Fitness Session	Fitness Session		Louth Swim Club	Fitness Session	Fitness Session				Louth Swim Club	6pm
7pm						Fitness Session		Fitness Session		Louth Swim Club	Fitness Session	Fitness Session					7pm
8pm					Lane Swimming		Louth Tri Club	Lane Swim (2 lanes)	Fitness Session			Lane Swim (1 Lane)					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.