

Main Pool		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Monday	1	CLOSED	Lane Swim	GENERAL SWIM					Lane Swim	GENERAL SWIM					Aqua Fit	Lane swim		
	2		GENERAL SWIM													Aqua Fit	Lane swim	
	3		GENERAL SWIM													Aqua Fit	Lane swim	
	4		GENERAL SWIM													Aqua Fit	Lane swim	
Tuesday	1	CLOSED	Lane Swim	GENERAL SWIM					Lane Swim	GENERAL SWIM					Learn to swim	Aqua Fit	Lane swim	
	2		GENERAL SWIM													Learn to swim	Bellshill Sharks	Lane swim
	3		GENERAL SWIM													Learn to swim	Bellshill Sharks	Lane swim
	4		GENERAL SWIM													Learn to swim	Bellshill Sharks	Lane swim
Wednesday	1	CLOSED	Lane Swim	GENERAL SWIM					Lane Swim	GENERAL SWIM					Learn to swim	Canoe Club	Monklands Disabled Swimming Club	
	2		GENERAL SWIM													Learn to swim	Canoe Club	Monklands Disabled Swimming Club
	3		GENERAL SWIM													Learn to swim	Canoe Club	Monklands Disabled Swimming Club
	4		GENERAL SWIM													Learn to swim	Canoe Club	Monklands Disabled Swimming Club
Thursday	1	CLOSED	Lane Swim	GENERAL SWIM					Lane Swim	GENERAL SWIM					Learn to swim	Aqua Fit	Lane swim	
	2		GENERAL SWIM													Learn to swim	Aqua Fit	Lane swim
	3		GENERAL SWIM													Learn to swim	Aqua Fit	Lane swim
	4		GENERAL SWIM													Learn to swim	Aqua Fit	Lane swim
Friday	1	CLOSED	Lane Swim	GENERAL SWIM					Lane Swim	GENERAL SWIM					Learn to swim	Sub Aqua		
	2		GENERAL SWIM													Learn to swim	Sub Aqua	
	3		GENERAL SWIM													Learn to swim	Sub Aqua	
	4		GENERAL SWIM													Learn to swim	Sub Aqua	
Saturday	1	CLOSED		Airdrie & Coatbridge ASC	GENERAL SWIM					Lane Swim	GENERAL SWIM					CLOSED		
	2		GENERAL SWIM													CLOSED		
	3		GENERAL SWIM													CLOSED		
	4		GENERAL SWIM													CLOSED		
Sunday	1	CLOSED	Lane Swim	GENERAL SWIM					Lane Swim	GENERAL SWIM					CLOSED			
	2		GENERAL SWIM													CLOSED		
	3		GENERAL SWIM													CLOSED		
	4		GENERAL SWIM													CLOSED		

Please note that there may be slight change in the main pool at certain days/times due to school swimming lessons.

Boom Area		06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday					Learn to Swim			Learn to Swim			Learn to Swim						
Tuesday					Learn to Swim			Learn to Swim			Learn to Swim						
Wednesday					Learn to Swim			Learn to Swim			Learn to Swim						
Thursday					Learn to Swim			Learn to Swim			Learn to Swim						
Friday					Learn to Swim			Learn to Swim			Learn to Swim						
Saturday					Learn to Swim												
Sunday																	

Please note that there may be a reduced programme on certain days/times with regards to school swimming lessons

