



# Downham Market Leisure Centre

Borough Council of  
King's Lynn &  
West Norfolk



## Swimming Programme For The School Holidays - 26th July 2010 ~ 29th August 2010

	7am	8am	9am	10am	11am	12am	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>Monday</b>	Public Session		<b>Swimming Lesson Crash Course</b>	Fun Session		Adults Only		Public Session	Swim Lessons			Public Session				
<b>Tuesday</b>	Public Session			Fun Session		Adults Only		Others	Public Session		Aqua Fit	Public Session				
<b>Wednesday</b>	Public Session			Fun Session		Adults Only		Swim Lessons	Public Session							
<b>Thursday</b>	Public Session			Fun Session		Adults Only		Aqua Fit	Public Session	Swim Lessons	WNSC Swim Club	Public Session				
<b>Friday</b>	Public Session			Fun Session		Adults Only	Public Session			Ladies Only	Public Session					
<b>Saturday</b>		Swimming Lessons			Adults Only	Public Session		Fun Session	Available For Private Hire							
<b>Sunday</b>		Public Session										Staff Training				
<b>Monday 30th August</b>		Public Session														

For more information please call Downham Market Leisure Centre on (01366) 386868.  
We reserve the right to call out public 5 minutes prior to the end of each session.



# Downham Market Leisure Centre



## Swimming Programme For The School Holidays - 30th August 2010 ~ 5th September 2010

	7am	8am	9am	10am	11am	12am	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
<b>Bank Holiday Monday</b>			Public Session														
<b>Tuesday</b>	Public Session		Swimming Lesson Crash Course	Fun Session		Adults Only		Others	Public Session			Aqua Fit	WNSC Swim Club	Public Session			
<b>Wednesday</b>	Public Session			Fun Session		Adults Only		Swim Lessons	Public Session								
<b>Thursday</b>	Public Session			Fun Session		Adults Only		Aqua Fit	Public Session	Swim Lessons	DMASC Swim Club	WNSC Swim Club	Public Session				
<b>Friday</b>	Public Session			Fun Session		Adults Only	Public Session			Ladies Only	WNSC Swim Club	Public Session					
<b>Saturday</b>				Swimming Lessons		Adults Only	Public Session	Fun Session	Available For Private Hire								
<b>Sunday</b>			Public Session									WNSC Swim Club	Staff Training				

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