

Monmouth School Sports Club

Tel: 01600 714381



SUMMER HOLIDAY – SWIM & GYM TIMES Monday 7th July – Sunday 31st August 2008

Mon 7th July

Swim

6.45am-9.30am

12.00pm-2.00pm

(12.30-1.00 Inc Parent & Toddler)

4.30pm-7.30pm

8.30pm – 10.00pm

(7.30-8.30pm Aqua Aerobics & Tri Club)

Gym

6.45am-2.00pm

4.00pm-10.00pm

Mon 14th July

Swim

6.45am-9.30am

12.00pm-2.00pm

(12.30-1.00 Inc Parent & Toddler)

4.30pm-7.30pm

8.30pm – 10.00pm

(7.30-8.30pm Aqua Aerobics & Tri Club)

Gym

6.45am-2.00pm

4.00pm-10.00pm

Tues 8th July

Swim

6.45am-9.30am

12.00pm-2.00pm

*4.30pm-8.30pm

Gym

6.45am-2.00pm

4.00pm-10.00pm

Tues 15th July

Swim

6.45am-9.30am

12.00pm-2.00pm

4.30pm-10.00pm

Gym

6.45am-2.00pm

4.00pm-10.00pm

Wed 9th July

Swim

6.45am-9.30am

12.00pm-2.00pm

(12.30-1.00 Inc Parent & Toddler)

4.30pm-7.00pm

8.30pm-10.00pm

Gym

6.45am-2.00pm

4.00pm-10.00pm

Wed 16th July

Swim

6.45am-9.30am

12.00pm-2.00pm

(12.30-1.00 Inc Parent & Toddler)

4.30pm-7.00pm

8.30pm-10.00pm

Gym

6.45am-2.00pm

4.00pm-10.00pm

Thurs 10th July

Swim

6.45am-9.30am

12.00pm-2.00pm

4.30pm-10.00pm

(Inc Tri Club x2 Lanes 7.30-8.30pm)

Gym

6.45am-2.00pm

4.00pm-10.00pm

Thurs 17th July

Swim

6.45am-9.30am

12.00pm-2.00pm

4.30pm-10.00pm

(Inc Tri Club x2 Lanes 7.30-8.30pm)

Gym

6.45am-2.00pm

4.00pm-10.00pm

Fri 11th July

Swim

6.45am-9.30am

12.00pm-2.00pm

4.30pm-10.00pm

Gym

6.45am-2.00pm

4.00pm-10.00pm

Fri 18th July

Swim

6.45am-9.30am

12.00pm-2.00pm

4.30pm-10.00pm

Gym

6.45am-2.00pm

4.00pm-10.00pm

Sat 12th July

Swim

8.00am-12.30pm

3.15pm-5.00pm

Gym

8.00am-1.00pm

2.00pm-5.00pm

Sat 19st July

Swim

8.00am-12.30pm

3.15pm-5.00pm

Gym

8.00am-1.00pm

2.00pm-5.00pm

Sun 13th July

Swim

9.00am-12.30pm

3.15pm-5.00pm

Gym

9.00am-1.00pm

2.00pm-5.00pm

Sun 20th July

Swim

9.00am-12.30pm

3.15pm-5.00pm

Gym

9.00am-1.00pm

2.00pm-5.00pm

SUMMER HOLIDAY – SWIM & GYM TIMES

Mon 4th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

(Inc 7.30-8.30pm Tri Club x2 lanes)

Gym

6.45am-2.00pm
4.00pm-10.00pm

Mon 11th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

(Inc 7.30-8.30pm Tri Club x2 lanes)

Gym

6.45am-2.00pm
4.00pm-10.00pm

Tues 5th August

Swim

*6.45am-9.00am
12.00pm-2.00pm
4.30pm-10.00pm

Gym

6.45am-2.00pm
4.00pm-10.00pm

Tues 12th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

Gym

6.45am-2pm
4.00pm-10.00pm

Wed 6th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

Gym

6.45am-2.00pm
4.00pm-10.00pm

Wed 13th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

Gym

6.45am-2.00pm
4.00pm-10.00pm

Thurs 7th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

(Inc Tri Club x2 Lanes 7.30-8.30pm)

Gym

6.45am-2.00pm
4.00pm-10.00pm

Thurs 14th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

(Inc Tri Club x2 Lanes 7.30-8.30pm)

Gym

6.45am-2.00pm
4.00pm-10.00pm

Fri 8th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

Gym

6.45am-2.00pm
4.00pm-10.00pm

Fri 15th August

Swim

6.45am-9.30am
12.00pm-2.00pm
4.30pm-10.00pm

Gym

6.45am-2.00pm
4.00pm-10.00pm

Sat 9th August

Swim

8.00am-12.30pm
3.15pm-5.00pm

Gym

8.00am-1.00pm
2.00pm-5.00pm

Sat 16th August

Swim

8.00am-12.30pm
3.15pm-5.00pm

Gym

8.00am-1.00pm
2.00pm-5.00pm

Sun 10th August

Swim

9.00am-12.30pm
3.15pm-5.00pm

Gym

9.00am-1.00pm
2.00pm-5.00pm

Sun 17th August

Swim

9.00am-12.30pm
3.15pm-5.00pm

Gym

9.00am-1.00pm
2.00pm-5.00pm

