

## Lane swimming in South Lanarkshire

Coached sessions are in bold

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	No of lanes
<b>Morning</b>								
<b>Blantyre</b>	<b>07.30 - 09.15</b>	<b>07.30 - 09.15</b>	<b>07.30 - 09.15</b>	<b>07.30 - 09.15</b>	<b>07.30 - 09.15</b>			2 x 25m
<b>Carluk</b>								
<b>Coalburn</b>								
<b>DAC</b>	Pool Closed							
<b>HWP</b>	<b>07.30 - 09.30</b>	<b>07.30 - 09.30</b>	<b>07.30 - 09.30</b>	<b>07.30 - 09.30</b>	<b>07.30 - 09.30</b>		<b>09.30 - 11.00</b>	2 x 25m
<b>Lanark</b>								
<b>Larkhall</b>								
<b>Lifestyle</b>	<b>07.30 - 09.00</b>		<b>07.30 - 09.00</b>		<b>07.30 - 09.00</b>			2 x 25m
<b>Strathaven</b>								

<b>Lunchtime</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	No of lanes
<b>Blantyre</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>			2 x 25m
<b>Carluk</b>								
<b>Coalburn</b>		<b>11.00 - 13.00</b>		<b>11.00 - 13.00</b>	<b>12.00 - 13.00</b>		<b>11.00 - 12.00</b>	1 x 20m
<b>DAC</b>	Pool Closed							
<b>HWP</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>			2 x 25m
<b>Lanark</b>								
<b>Larkhall</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>			1 x 25m
<b>Lifestyle</b>	<b>12.30 - 13.30</b>	<b>12.30 - 13.30</b>		<b>12.30 - 13.30</b>	<b>12.30 - 13.30</b>			2 x 25m
<b>Strathaven</b>	<b>12.00 - 13.30</b>	<b>12.00 - 13.30</b>			<b>12.00 - 13.30</b>			1 x 20m

<b>Evening</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	No of lanes
<b>Blantyre</b>							<b>20.30 - 21.30</b>	2 x 25m
<b>Carluk</b>		<b>19.00 - 20.00</b>		<b>21.00 - 22.00</b>	<b>20.00 - 22.00</b>			2 x 20m
<b>Coalburn</b>	<b>19.00 - 20.00</b>				<b>19.20 - 20.00</b>			1 x 20m
<b>DAC</b>	Pool Closed							
<b>HWP</b>	<b>20.30 - 22.00 (3)</b>	<b>20.30 - 22.00</b>	<b>20.30 - 22.00</b>	<b>18.45 - 22.00</b>				2 x 25m
<b>Lanark</b>		<b>17.20 - 19.00</b>						2 x 25m
<b>Larkhall</b>								
<b>Lifestyle</b>	<b>18.00 - 19.30</b>	<b>21.00 - 22.00</b>	<b>18.00 - 19.30</b>		<b>17.30 - 18.30</b>			2 x 25m
<b>Strathaven</b>		<b>20.30 - 21.30</b>						4 x 20m