

Monday

FAMILY SWIM



AQUA AEROBICS



WATER BABIES



SWIMFIT



TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
06:00-09:30		SLOW	MEDIUM	FAST
09:30-11:00		ALL USERS	AQUA AEROBICS	
11:00-11:15	FAMILY SWIM	ALL USERS	AQUA AEROBICS	
11:15-14:30	FAMILY SWIM	SLOW		FAST
14:30-16:00	FAMILY SWIM	SLOW	FAST	WATER BABIES
16:00-18:00	FAMILY SWIM	SLOW	FAST	WATER BABIES
18:00-19:00		SLOW	MEDIUM	FAST
19:00-19:45		ALL USERS	SWIM FIT	
19:45-21:45		SLOW	MEDIUM	FAST



Tuesday

FAMILY SWIM



AQUA ZUMBA/AEROBICS



SWIM SCHOOL



TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
06:00-10:00		SLOW	MEDIUM	FAST
10:00-11:00		ALL USERS	AQUA ZUMBA	
11:00-11:30	FAMILY SWIM	SLOW	MEDIUM	FAST
11:30-12:15	FAMILY SWIM	ALL USERS	AQUA AEROBICS	
12:15-16:00	FAMILY SWIM	SLOW	MEDIUM	FAST
16:00-18:00	FAMILY SWIM	SLOW	FAST	SWIM SCHOOL
18:00-18:30		SLOW	FAST	SWIM SCHOOL
18:30-19:30		SLOW	MEDIUM	FAST
19:30-20:15		ALL USERS	AQUA ZUMBA	
20:15-21:45		SLOW	MEDIUM	FAST



Wednesday

FAMILY SWIM

AQUA AEROBICS

SWIM SCHOOL

SWIMFIT

TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
06:00-09:45		SLOW	MEDIUM	FAST
09:45-10:30		ALL USERS	AQUA AEROBICS	
10:30-11:00		SLOW		FAST
11:00-11:30	FAMILY SWIM	SLOW		FAST
11:30-12:15	FAMILY SWIM	ALL USERS	AQUA AEROBICS	
12:15-14:00	FAMILY SWIM	SLOW		FAST
14:00-16:00	FAMILY SWIM	SLOW		FAST
16:00-16:30	FAMILY SWIM	SLOW	FAST	SWIM SCHOOL
16:30-17:00	FAMILY SWIM	SLOW	FAST	JUNIOR AQUA
	SWIM SCHOOL			
17:00-17:15	FAMILY SWIM	SLOW	FAST	SWIM SCHOOL
	JUNIOR AQUA			
17:15-18:00	FAMILY SWIM	SLOW	FAST	SWIM SCHOOL
18:00-19:00		SLOW	MEDIUM	FAST
19:00-19:45		ALL USERS	SWIM FIT	
		SLOW	MEDIUM	FAST

Thursday

FAMILY SWIM



AQUA ZUMBA/AEROBICS



SWIM SCHOOL



TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
06:00-10:00		SLOW	MEDIUM	FAST
10:00-11:00		SLOW		FAST
11:00-11:40	FAMILY SWIM	SLOW		FAST
11:40-12:00	FAMILY SWIM	ALL USERS	AQUA AEROBICS	
12:00-12:30	FAMILY SWIM	ALL USERS	AQUA AEROBICS	
12:30-16:00	FAMILY SWIM	SLOW		FAST
16:00-18:00	FAMILY SWIM	SLOW	FAST	SWIM SCHOOL
18:00-21:45		SLOW	MEDIUM	FAST



Friday

FAMILY SWIM



AQUA AEROBICS



WATER BABIES



TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
06:00-10:00		SLOW	MEDIUM	FAST
10:00-10:45		ALL USERS	AQUA AEROBICS	
10:45-11:00		SLOW		FAST
11:00-12:00	FAMILY SWIM	SLOW		FAST
12:00-12:30	FAMILY SWIM	SLOW		FAST
12:30-13:15	FAMILY SWIM	ALL USERS	AQUA AEROBICS	
13:15-14:00	FAMILY SWIM	SLOW		FAST
14:00-16:00	FAMILY SWIM	SLOW	FAST	WATER BABIES
16:00-17:00	FAMILY SWIM	SLOW	FAST	WATER BABIES
17:00-18:00	FAMILY SWIM	SLOW	MEDIUM	FAST
18:00-21:45		SLOW	MEDIUM	FAST



Saturday

- FAMILY SWIM

AQUA AEROBICS

WATER BABIES

TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
08:00-10:00		SLOW	MEDIUM	FAST
10:00-11:00		ALL USERS	AQUA AEROBICS	
11:00-15:45	FAMILY SWIM	SLOW	FAST	WATER BABIES
15:45-17:00	FAMILY SWIM	SLOW	MEDIUM	FAST
17:00-19:45		SLOW	MEDIUM	FAST



Sunday

FAMILY SWIM



AQUA AEROBICS



TIME	LEISURE POOL	LANE 1	LANE 2	LANE 3
08:00-09:30		SLOW	MEDIUM	FAST
09:30-10:15		ALL USERS	AQUA AEROBICS	
10:15-11:00		SLOW	MEDIUM	FAST
11:00-12:00	FAMILY SWIM	SLOW	MEDIUM	SWIM LESSONS
12:00-12:30	FAMILY SWIM	SLOW	MEDIUM	FAST
	SWIM LESSONS			
12:30-13:00	FAMILY SWIM	SLOW	MEDIUM	SWIM LESSONS
13:00-17:00	FAMILY SWIM	SLOW	MEDIUM	FAST
17:00-19:45		SLOW	MEDIUM	FAST





**Please refrain from
using electronic
devices whilst on
poolside**

Thank You



Swimming Pool Etiquette

- Please shower before entering the pool, spas, and after using the sauna & steam room
- Please choose the correct lane for your swimming speed
- Please be aware of other swimmers & offer a faster swimmer the opportunity to pass
- Please return floats after use
- If you need to rest at the end of lane, please move to one side to allow others to continue swimming
- If you are awaiting a class, please refrain from entering the lane until your class is about to start
- Please ensure outdoor shoes are covered with blue shoe covers

