

Monday					Tuesday					Wednesday					Thursday				
	Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4
06:30	Lane Swim				06:30	Lane Swim				06:30	Lane Swim				06:30	Lane Swim			
07:00					07:00					07:00					07:00				
07:30					07:30					07:30					07:30				
08:00					08:00					08:00					08:00				
08:30					08:30					08:30					08:30				
09:00					09:00	Aqua class 09:15-10:00				09:00					09:00				
09:30					09:30	Aqua class 09:15-10:00				09:30					09:30	Aqua class 09:45-10:30			
10:00					10:00					10:00					10:00	Aqua class 09:45-10:30			
10:30					10:30					10:30	Aqua class 10:30-11:15				10:30				
11:00					11:00					11:00	Aqua class 10:30-11:15				11:00				
11:30					11:30					11:30					11:30				
12:00	Aqua class 12:00-12:45				12:00					12:00					12:00				
12:30	Aqua class 12:00-12:45				12:30					12:30					12:30				
13:00					13:00					13:00					13:00				
13:30					13:30					13:30					13:30				
14:00					14:00					14:00					14:00				
14:30					14:30					14:30					14:30				
15:00	Swim lessons 15:00-18:30		Family swim 14:30-17:30		15:00	Swim lessons 15:00-18:00		Family swim 14:30-17:30		15:00		Family swim 14:30-17:30		15:00		Swim lessons 15:30-18:00	Family swim 14:30-17:30		
15:30					15:30					15:30									
16:00					16:00					16:00	Swim lessons 16:00-19:00			16:00					
16:30					16:30					16:30				16:30					
17:00				17:00				17:00	Swim lessons 16:00-19:00			17:00							
17:30				17:30				17:30											
18:00				18:00				18:00				18:00							
18:30	Aqua class 18:30-19:15				18:30				18:30				18:30	Aqua class 18:30-19:15					
19:00					19:00	Aqua class 19:15-20:00				19:00	Aqua class 19:00-19:45				19:00	Aqua class 18:30-19:15			
19:30					19:30	Aqua class 19:15-20:00				19:30	Aqua class 19:00-19:45				19:30				
20:00					20:00					20:00					20:00				
20:30					20:30					20:30					20:30				
21:00					21:00					21:00					21:00				
21:30	Closed				21:30	Closed				21:30	Closed				21:30	Closed			

Swimmers swim up one side of the lane and down the other – swimming in long ovals rather than up and down the same line

Swimming lessons are the process of learning to swim. We provide lessons for both children and adults in different levels

Visiting the pool is a great family activity, and we make sure families can enjoy swimming together.

Our ratio is 1 adult (member only) to 2 children (regardless of their age)

Please note 121 swim lessons may take place in one lane outside of these times. We ensure at all times we have at least one lane available for lane swimming

Friday					Saturday					Sunday					
	Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	Lane 4	
06:30	Lane Swim				06:30	Closed				06:30	Closed				
07:00					07:00	Closed				07:00	Closed				
07:30					07:30	Closed				07:30	Closed				
08:00					08:00	Lane Swim				08:00	Lane Swim				
08:30					08:30					08:30					
09:00					09:00					09:00					
09:30					09:30	Aqua class 09:45-10:30 and 10:45-11:30					09:30				
10:00	Aqua class 10:15-11:00				10:00	Aqua class 09:45-10:30 and 10:45-11:30					10:00				
10:30	Aqua class 10:15-11:00				10:30	Aqua class 09:45-10:30 and 10:45-11:30					10:30				
11:00					11:00					11:00					
11:30					11:30					11:30	Aqua class 11:15-12:00				
12:00					12:00					12:00	Aqua class 11:15-12:00				
12:30					12:30					12:30					
13:00					13:00					13:00					
13:30					13:30					13:30					
14:00					14:00					14:00					
14:30	Swim lessons 14:30-18:00		Family swim 14:30-17:30		14:30	Family swim 14:30-17:30					14:30	Family swim 14:30-17:30			
15:00	Swim lessons 14:30-18:00		Family swim 14:30-17:30		15:00	Family swim 14:30-17:30					15:00	Family swim 14:30-17:30			
15:30	Swim lessons 14:30-18:00		Family swim 14:30-17:30		15:30	Family swim 14:30-17:30					15:30	Family swim 14:30-17:30			
16:00	Swim lessons 14:30-18:00		Family swim 14:30-17:30		16:00	Family swim 14:30-17:30					16:00	Family swim 14:30-17:30			
16:30	Swim lessons 14:30-18:00		Family swim 14:30-17:30		16:30	Family swim 14:30-17:30					16:30	Family swim 14:30-17:30			
17:00	Swim lessons 14:30-18:00		Family swim 14:30-17:30		17:00	Family swim 14:30-17:30					17:00	Family swim 14:30-17:30			
17:30	Swim lessons 14:30-18:00		Family swim 14:30-17:30		17:30					17:30					
18:00					18:00					18:00					
18:30					18:30					18:30					
19:00					19:00					19:00					
19:30					19:30	Closed				19:30	Closed				
20:00					20:00	Closed				20:00	Closed				
20:30					20:30	Closed				20:30	Closed				
21:00					21:00	Closed				21:00	Closed				
21:30	Closed				21:30	Closed				21:30	Closed				

