



Pool activity schedule

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-------------|--------------------------------------|-------------|-------------------------------------|-------------|--------------------------------|-------------|--------------------------------|-------------|--------------------------------|-------------|-----------------------------|-------------|--------------------------------------|
| 06:15-09:00 | Adult Swim | 06:15-09:00 | Adult Swim | 06:15-09:00 | Adult Swim | 06:15-09:00 | Adult Swim | 06:15-09:00 | Adult swim | 08:00-09:00 | General Swim | 08:00-10:00 | General Swim |
| 09:00-11:45 | General Swim | 09:00-09:30 | General Swim | 09:00-10:30 | General Swim | 09:00-10:30 | General Swim | 09:00-11:30 | General Swim | 09:00-11:30 | Swimming Lessons (1x lanes) | 10:00-10:45 | Aqua (no swim lanes available) |
| 11:45-12:30 | Aqua Zumba (No swim lanes available) | 09:30-10:30 | Swimming Lessons (1x lane) | 11:00-11:45 | Aqua (no swim lanes available) | 10:30-11:15 | Aqua (no swim lanes available) | 11:30-12:15 | Aqua (no swim lanes available) | 11:30-19:45 | General Swim | 10:45-18:00 | General Swim |
| 12:30-13:30 | Adult Swim | 11:45-12:30 | Aqua HIIT (no swim lanes available) | 11:45-12:30 | General Swim | 11:15-12:30 | General Swim | 12:30-13:30 | Adult Swim | | | 18:00-18:45 | Aqua Zumba (no swim lanes available) |
| 13:30-16:00 | General Swim | 12:30-13:30 | Adult Swim | 12:30-13:30 | Adult swimming | 12:30-13:30 | Adult Swim | 13:30-16:00 | General Swim | | | 18:45-19:45 | General Swim |
| 16:00-19:00 | Swimming Lessons (2x lanes) | 13:30-16:00 | General Swim | 13:30-16:00 | General Swim | 13:30-16:00 | General Swim | 16:00-19:00 | Swimming lessons (2x lanes) | | | | |
| 19:00-20:00 | General Swim | 16:00-19:15 | Swimming Lessons (2x lanes) | 16:00-18:30 | Swimming Lessons (2x lanes) | 16:00-19:00 | Swimming Lessons (2x lanes) | 19:00-19:45 | Aqua (1x swim lanes available) | | | | |
| 20:00-21:45 | Adult Swim | 19:15-20:00 | Aqua (no swim lanes available) | 18:30-20:00 | General Swim | 19:15-20:00 | Aqua (no swim lanes available) | 20:00-21:15 | Adult Swim | | | | |
| | | 20:00-21:45 | Adult Swim | 20:00-21:45 | Adult Swim | 20:00-21:45 | Adult Swim | | | | | | |



Pool opening times:
Monday to Thursday 06:15 to 21:45
Friday 06:15 to 21:15
Saturday and Sunday 08:00 to 19:45