



# 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	09:00-12:00	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)	12:00-12:45	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	12:45-13:30	Adult 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	13:30-16:00	General Swim	13:30-16:00	General Swim			18:45-19:45	General Swim
16:00-19:30	Swimming Lessons (2x lanes)	13:30-16:00	General Swim	13:30-16:00	General Swim	16:00-19:00	Swimming Lessons (2x lanes)	16:00-19:00	Swimming lessons (2x lanes)				
19:30-20:00	General Swim	16:00-19:15	Swimming Lessons (2x lanes)	16:00-19:00	Swimming Lessons (2x lanes)	19:15-20:00	Aqua (no swim lanes available)	19:00-20:00	General Swim				
20:00-21:45	Adult Swim	19:15-20:00	Aqua (no swim lanes available)	19:00-20:00	General Swim	20:00-21:45	Adult Swim	20:00-21:15	Adult Swim				
		20:00-21:45	Adult Swim	20:00-21:45	Adult Swim		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  
 Junior Times 09:00 to 20:00

Aqua Classes
  Swimming Lessons
  Adult Lane Swimming
  General Swimming – Open to all users