

# POOL TIMETABLE

From March 2019

Monday	
Time of Lessons	Activity
09:30 - 10:15	Aqua Aerobics
11:00 - 12:00	Family Swim
16:00 - 17:30	Family Swim*
16:00 - 19:00	Swim Lessons*
19:00 - 19:45	Aqua Aerobics

Tuesday	
Time of Lessons	Activity
09:30 - 12:00	Swim Lessons*
11:00 - 12:00	Family Swim*
16:00 - 17:30	Family Swim*
16:00 - 18:30	Swim Lessons*
18:45 - 19:30	Aqua Zumba

Wednesday	
Time of Lessons	Activity
09:20 - 10:05	Aqua Aerobics
11:30 - 13:00	Adult Lessons
16:00 - 17:30	Family Swim*
16:00 - 19:00	Swim Lessons*

Thursday	
Time of Lessons	Activity
09:30 - 10:15	Aqua Aerobics
11:00 - 12:00	Family Swim
16:00 - 17:30	Family Swim*
16:00 - 18:00	Swim Lessons*
18:00 - 18:30	Swim Fit
19:00 - 20:30	Adult Lessons

Friday	
Time of Lessons	Activity
09:30 - 10:15	Aqua Aerobics
16:00 - 17:30	Family Swim
18:00 - 18:45	Aqua Aerobics

Saturday	
Time of Lessons	Activity
09:00 - 12:00	Swim Lessons
13:00 - 13:45	Aqua Aerobics
14:00 - 17:00	Family Swim

Sunday	
Time of Lessons	Activity
09:30 - 12:30	Family Swim

## \*Additional Information

**Adult swim is unavailable during Aqua and the following times:**

Monday	16:00 - 17:30
Tuesday	16:00 - 17:30
Wednesday	16:00 - 17:30
Thursday	16:00 - 17:30

## Swimming Lessons

Tuesday & Saturday mornings will finish at 12.00 from week commencing September 3<sup>rd</sup>

## Swim Fit

Time change to 6.00