



# Swimming schedule

January 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06:30-10:10	Quiet swim	06:30-09:20	Quiet swim	06:30-09:20	Quiet swim	06:30-10:10	Quiet swim	06:30-09:10	Quiet swim	08:00-09:15	Quiet Swim	08:00-09:40	Quiet swim
10:10-11:10	One lane only – music	09:20-11:00	Fast and medium lane only – music	09:20-10:20	One lane only – music	10:10-11:10	One lane only – music	09:10-10:10	Medium and fast lane only – music	09:25-10:15	Medium and fast lane only - music	09:45-10:35	One lane only – music
11:10-11:25	Quiet swim	11:00-13:00	Quiet swim – no fast lane	10:20-12:25	Quiet swim no fast lane	11:10-14:30	Quiet swim	10:20-11:20	One lane only – music	10:30-16:30	Medium lane only	10:35-16:30	Normal Swim (NO FAMILY SWIM)
11:30-12:20	Medium and fast lane only – music	13:00-14:30	Quiet swim	12:30-13:20	Medium and fast lane only – music	14:30-18:00	Family Swim – no lane swimming	11:20-12:35	Quiet swim	16:30-19:40	Quiet swim	16:30-19:40	Quiet swim
12:20-13:10	Quiet swim	14:30-18:00	Medium lane only	13:20-13:40	Quiet swim	18:20-19:20	One lane only – music	12:45-13:30	One lane only – music				
13:10-14:10	One lane only – music	18:00-18:40	Quiet swim – no fast lane	13:40-14:30	Fast and medium lane only – music	19:20-21:40	Quiet Swim	13:40-14:15	Medium and fast lane slow lane – capacity reduced				
14:30-15:30	Medium and fast lane only	18:40-19:40	One lane only – music	14:30-18:00	Medium and fast lane only			14:30-15:30	Medium and fast lane only				
15:30-18:00	Medium lane only	19:40-21:40	Quiet swim	18:00-18:40	Quiet swim			15:30-18:00	Medium lane only				
18:00-21:40	Quiet swim			18:40-19:40	Medium and fast lane only – music			18:00-21:40	Quiet swim				
				18:40-21:40	Quiet swim – no fast lane								



**Pool opening times:**  
Monday to Friday 6:30am to 9:40pm  
Saturday and Sunday 8am to 7:40pm

- Quiet swim
- Aqua classes
- Wet bikes classes
- Swim school/family swim
- Normal swim