

Poolside Timetable

Monday

- SWIM SCHOOL Stages 1 & 2
- SWIM SCHOOL Stages 3 & 4
- SWIM SCHOOL Stages 5 & 6
- SWIM SCHOOL Stages 6 & 7
- Parent & Child Sessions
- General Family Swim
- Times Adult Only Swim
- Times* Aqua Class

Time	Class	Location	Instructor
06:30 – 10:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
10:00 – 12:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
12:00 – 15:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
13:00 – 13:45	AQUA CLASS	PACE LANE	FITNESS TEAM MEMBER
15:00 – 17:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
16:00 – 16:30	SWIM SCHOOL STAGES 1 & 2	PACE LANE	TANYA & JOE
16:30 – 17:00	SWIM SCHOOL STAGES 3 & 4	PACE LANE	TANYA & JOE
17:00 – 17:30	SWIM SCHOOL STAGES 5 & 6	PACE LANE	TANYA & JOE
17:30 – 18:00	SWIM SCHOOL STAGES 6 & 7	PACE LANE	TANYA & JOE
18:15 – 19:00	AQUA CLASS	PACE LANE	FITNESS TEAM MEMBER
17:00 – 21:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

*Please be aware that 1-2-1 swimming lessons with children may take place at anytime; even during Adult only times.



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- SWIM SCHOOL Stages 1 & 2
- SWIM SCHOOL Stages 3 & 4
- SWIM SCHOOL Stages 5 & 6
- SWIM SCHOOL Stages 6 & 7
- Parent & Child Sessions
- General Family Swim Times
- Adult Only Swim Times*
- Aqua Class

Time	Class	Location	Instructor
06:30 – 10:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
10:00 – 12:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
12:00 – 15:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
15:00 – 17:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
16:00 – 16:30	SWIM SCHOOL STAGES 1 & 2	PACE LANE	TANYA & JOE
16:30 – 17:00	SWIM SCHOOL STAGES 3 & 4	PACE LANE	TANYA & JOE
17:00 – 17:30	SWIM SCHOOL STAGES 5 & 6	PACE LANE	TANYA & JOE
17:00 – 21:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

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Poolside Timetable

Wednesday

- SWIM SCHOOL Stages 1 & 2
- SWIM SCHOOL Stages 3 & 4
- SWIM SCHOOL Stages 5 & 6
- SWIM SCHOOL Stages 6 & 7
- Parent & Child Sessions
- General Family Swim Times
- Adult Only Swim Times*
- Aqua Class

Time	Class	Location	Instructor
06:30 – 10:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
10:00 – 12:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
13:15 – 14:00	AQUA CLASS	PACE LANE	JOSEPHINE SMITH
14:00 – 15:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
15:00 – 17:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
17:00 – 21:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

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Poolside Timetable

Thursday

- SWIM SCHOOL Stages 1 & 2
- SWIM SCHOOL Stages 3 & 4
- SWIM SCHOOL Stages 5 & 6
- SWIM SCHOOL Stages 6 & 7
- Parent & Child Sessions
- General Family Swim Times
- Adult Only Swim Times*
- Aqua Class

Time	Class	Location	Instructor
06:30 – 10:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
09:15 – 10:00	AQUA CLASS	PACE LANE	FITNESS TEAM MEMBER
10:00 – 12:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
12:00 – 15:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
15:00 – 17:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
17:45 – 18:30	AQUA CLASS	PACE LANE	FIONA RILEY
17:00 – 21:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

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Poolside Timetable

Friday

- SWIM SCHOOL Stages 1 & 2
- Parent & Child Sessions
- SWIM SCHOOL Stages 3 & 4
- General Family Swim Times
- SWIM SCHOOL Stages 5 & 6
- Adult Only Swim Times*
- SWIM SCHOOL Stages 6 & 7
- Aqua Class

Time	Class	Location	Instructor
06:30 – 10:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
10:00 – 10:30	PARENT & CHILD	LEISURE LANE	REBECCA CLARKE
10:00 – 12:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
13:30 – 14:15	AQUA CLASS	PACE LANE	FIONA RILEY
12:00 – 15:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
15:00 – 17:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
16:00 – 16:30	SWIM SCHOOL STAGES 1 & 2	PACE LANE	REBECCA CLARKE
16:30 – 17:00	SWIM SCHOOL STAGES 3 & 4	PACE LANE	REBECCA CLARKE
17:00 – 17:30	SWIM SCHOOL STAGES 5 & 6	PACE LANE	REBECCA CLARKE
17:00 – 21:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

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Poolside Timetable

Saturday

- SWIM SCHOOL Stages 1 & 2
- SWIM SCHOOL Stages 3 & 4
- SWIM SCHOOL Stages 5 & 6
- SWIM SCHOOL Stages 6 & 7
- Parent & Child Sessions
- General Family Swim Times
- Adult Only Swim Times*
- Aqua Class

Time	Class	Location	Instructor
08:00 – 12:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
12:00– 16:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
16:00 – 20:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

Sunday

Time	Class	Location	Instructor
08:00 – 12:00	ADULT ONLY SWIM	ENTIRE POOL	N / A
12:00– 16:00	GENERAL FAMILY SWIM	LEISURE LANE	N / A
16:00 – 20:45	ADULT ONLY SWIM	ENTIRE POOL	N / A

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