

# Swimming schedule



| Monday      |  | Tuesday     |  | Wednesday   |  | Thursday    |  | Friday      |  | Saturday    |                                | Sunday      |  |
|-------------|--|-------------|--|-------------|--|-------------|--|-------------|--|-------------|--------------------------------|-------------|--|
| 06:30-11:00 | Lane swim<br>Family Swim                           | 06:30-10:00 | Lane swim                                      | 06:30-11:00 | Lane swim                                      | 6:30-10:00  | Lane swim                                      | 06:30-09:00 | Lane swim                                      | 08:00-09:00 | Lane swim                      | 08:00-09:30 | Lane swim                                    |
|             |  | 10:00-11:00 | Aqua Aerobics<br>2 Lane Swim                   | 11:00-12:00 | Family Swim<br>2 Lane swimming                 | 10:00-11:00 | Aqua Aerobics<br>2 Lane Swim                   | 09:00-11:00 | Swim Lessons<br>2 Lane swimming                | 09:00-09:45 | Aqua Aerobics<br>2 Lane Swim   |             |  |
|             |  | 11:00-12:00 | Family Swim<br>2 Lane swimming                 | 12:00-14:00 | Lane swim                                      | 11:00-12:00 | Family Swim<br>2 Lane swimming                 | 11:00-12:00 | Swim Lessons<br>Family Swim<br>2 Lane swimming | 09:45-11:00 | Lane swim                      |             |  |
| 11:00-12:00 | Family Swim<br>2 lane swimming                     | 11:30-12:30 | Joint Pain<br>Family swim<br>1 Lane swim       | 14:00-15:30 | Family Swim<br>2 Lane swimming                 | 12:30-13:15 | Aqua Aerobics<br>Lane Swim                     | 12:00-13:30 | Swim Lessons<br>Lane swimming                  | 11:00-12:00 | Family Swim<br>2 Lane swimming | 11:00-12:00 | Swim Lessons<br>Family Swim<br>Lane swimming |
| 12:00-14:00 | Lane swim  | 12:30-14:00 | Lane swim                                      | 15:30-17:00 | Family Swim<br>Swim Lessons<br>2 Lane swimming | 13:15-14:00 | Lane swim                                      | 13:30-14:00 | Lane swim                                      | 12:00-14:00 | Lane swim                      | 12:00-14:00 | Lane swim<br>Swim Lessons                    |
| 14:00-15:30 | Family Swim<br>Swimming Lessons<br>2 Lane swimming |             | Joint Pain<br>Swim Lessons                     | 17:00-18:30 | Swim lesson<br>2 Lane swimming                 | 14:00-15:30 | Family Swim<br>2 Lane swimming<br>Swim Lessons | 14:00-15:30 | Family Swim<br>2 Lane swimming                 | 14:00-17:00 | Family Swim<br>2 Lane swimming | 14:00-17:00 | Family Swim<br>2 Lane swimming               |
| 15:30-17:00 | Family Swim<br>Swim Lessons<br>1 Lane swimming     | 14:00-15:00 | Joint Pain<br>Family Swim<br>Swim Lessons      | 19:30-21:30 | Lane swim                                      | 15:30-17:00 | Family Swim<br>Swim Lessons<br>2 Lane swimming | 15:30-17:00 | Family Swim<br>Swim Lessons<br>2 Lane swimming | 17:00-19:30 | Lane swim                      | 17:00-19:30 | Lane swim                                    |
| 17:00-18:30 | Swim lesson<br>2 Lane swimming                     | 15:30-17:00 | Family Swim<br>Swim Lessons<br>1 Lane swimming |             |  | 17:00-19:10 | Swim lesson<br>2 Lane swimming                 | 17:00-21:30 | Lane swim                                      |             |                                |             | Swim Lessons                                 |
| 18:30-21:30 | Lane swim  | 17:00-18:30 | Swim lesson<br>2 Lane swimming                 |             |  | 19:10-19:55 | Aqua Aerobics<br>Lane swim                     |             |  |             |                                |             |  |
|             |  | 19:00-21:30 | Lane swim                                      |             |  | 19:00-21:30 | Lane swim                                      |             |  |             |                                |             | Special classes                              |
|             |  |             |  |             |  |             |  |             |  |             |                                |             | Lane Swim                                    |



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