


Swimming schedule

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	08:00-09:10	Quiet swim	08:00-09:10	Quiet swim
10:10-11:10	One lane only – music	09:20-10:20	One 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	09:10-10:10	Medium and fast lane only – music	09:10-10:10	One lane only – music
11:10-11:40	Quiet swim	10:20-13:00	Quiet swim – no fast lane	10:20-12:10	Quiet swim	11:10-14:30	Quiet swim	10:20-11:20	One lane only – music	10:30-14:00	Medium lane only	10:30-16:30	Medium and fast lane only
11:40-12:40	Medium and fast lane only – music	13:00-14:30	Quiet swim	12:10-13:10	Medium and fast lane only – music	14:30-18:00	Family Swim – no lane swimming	11:20-12:35	Quiet swim	14:30-16:30	Medium lane only	16:30-19:40	Quiet swim
12:40-13:10	Quiet swim	14:30-18:00	Medium lane only	13:10-13:40	Quiet swim	18:10-19:10	One lane only – music	12:35-13:35	One lane only – music	16:30-19:40	Quiet swim		
13:10-14:10	One lane only – music	18:00-18:50	Quiet swim	13:45-14:30	One lane only – music	19:10-21:40	Quiet swim – no fast lane	13:45-14:15	Fast, medium and slow lane – capacity reduced				
14:30-15:30	Medium and fast lane only	18:50-19:50	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	19:50-21:40	Quiet swim	18:00-21:40	Quiet swim			15:30-18:00	Medium lane only				
18:00-18:40	Quiet swim							18:00-21:40	Quiet swim				
18:40-19:40	Medium and fast lane only – music												
18:40-21:40	Quiet swim – no fast lane												

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



Pool opening times:
Monday to Friday 06:30 to 21:40
Saturday and Sunday 08:00 to 19:40