



Pool Activity Schedule

MONDAY	
06:30 09:30	Quiet Swim
09:30 10:15	Aqua
10:15 13:45	Quiet Swim
13:45 14:30	Aqua
15:30 16:00	Swim School Stage 1
16:00 16:30	Swim School Stage 1
16:30 17:00	Swim School Stage 2
17:00 17:30	Swim School Stage 3
17:30 18:00	Swim School Stage 4
18:00 19:00	WetBikes
19:00 20:00	WetBikes
20:00 21:30	Quiet Swim

TUESDAY	
06:30 14:30	Quiet Swim
16:00 16:30	Swim School Stage 5
16:30 17:00	Swim School Stage 6
17:00 17:30	Swim School Stage 7
17:30 18:00	Swim School Mixed Stages
18:00 18:30	Water Wellness
18:00 19:15	Quiet Swim
19:15 20:00	Aqua
20:00 20:30	Swim Fit
20:30 21:30	Quiet Swim

WEDNESDAY	
06:30 09:30	Quiet Swim
09:30 10:15	Aqua
10:30 11:15	Aqua
12:30 13:30	WetBikes
13:30 14:30	Quiet Swim
16:00 16:30	Swim School Stage 1
16:30 17:00	Swim School Stage 2
17:00 17:30	Swim School Stage 3
17:30 18:00	Swim School Stage 4
18:00 18:30	Quiet Swim
18:30 19:30	WetBikes
19:30 20:30	WetBikes
20:30 21:30	Quiet Swim

THURSDAY	
06:30 14:30	Quiet Swim
16:00 16:30	Swim School Stage 5
16:30 17:00	Swim School Stage 6
17:00 17:30	Swim School Stage 7 & Mixed Stages
18:00 19:00	WetBikes
19:15 20:00	Aqua
20:00 20:30	Swim Fit
20:30 21:30	Quiet Swim

FRIDAY	
06:30 09:30	Quiet Swim
09:30 10:30	WetBikes
10:30 11:15	Aqua
11:30 12:15	Aqua
12:15 14:30	Quiet Swim
18:00 21:30	Quiet Swim

SUNDAY	
08:00 09:45	Quiet Swim
09:45 10:30	Aqua
16:30 19:30	Quiet Swim

SATURDAY	
08:00 09:45	Quiet Swim
09:45 10:30	Aqua Circuits
10:30 11:00	Swim School Stage 5
11:30 12:00	Swim School Stage 6
12:00 12:30	Swim School Stage 7
12:15 13:15	WetBikes
16:30 19:30	Quiet Swim