

Monday				Tuesday				Wednesday				Thursday				Friday					
	Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		
06:30	Lane Swim			06:30	Lane Swim			06:30	Lane Swim			06:30	Lane Swim			06:30	Lane Swim				
07:00				07:00				07:00				07:00				07:00					
07:30				07:30				07:30				07:30				07:30					
08:00				08:00				08:00				08:00				08:00					
08:30				08:30				08:30				08:30				08:30					
09:00				09:00				09:00				09:00				09:00					
09:30				09:30	Water Babies 9:00-11:00			09:30				09:30	Aqua- 9:30-10:15			09:30	Aqua- 9:30-10:15				
10:00			10:00					10:00				10:00				10:00					
10:30	Aqua 10:40-11:25			10:30				10:30	Aqua- 10:40-11:25			10:30	Water Babies 10:30-14:30			10:30	Adult and Baby/Toddler 10:30-11:00				
11:00			11:00				11:00				11:00					11:00	Aqua 11:45-12:30				
11:30			11:30	Aqua- 11:30-12:15				11:30				11:30					11:30				
12:00			12:00					12:00				12:00					12:00				
12:30	Aqua- 12:30-13:15			12:30	Aqua- 12:45-13:30							12:30				12:30					
13:00			13:00					13:00				13:00				13:00	Swim lessons 13:00-17:30				
13:30			13:30					13:30				13:30				13:30					
14:00			14:00					14:00				14:00				14:00					
14:30			14:30					14:30				14:30				14:30					
15:00			15:00					15:00				15:00				15:00					
15:30	Swim lessons 15:30-18:00		15:30					15:30	Swim lessons 15:30-18:00			15:30				15:30					
16:00			16:00				16:00					16:00	Swim lessons 16:00-19:00				16:00				
16:30			16:30	Swim lessons 16:00-18:30			16:30					16:30						16:30			
17:00			17:00				17:00					17:00							17:00		
17:30			17:30					17:30				17:30					17:30				
18:00			18:00					18:00				18:00				18:00					
18:30			18:30					18:30				18:30				18:30	Aqua- 18:30-19:15				
19:00			19:00					19:00				19:00				19:00					
19:30			19:30					19:30				19:30				19:30					
20:00			20:00					20:00				20:00				20:00					
20:30			20:30					20:30				20:30				20:30					
21:00			21:00					21:00				21:00				21:00					
21:30	Closed			21:30	Closed			21:30	Closed			21:30	Closed			21:30	Closed				

Swimmers swim up one side of the lane and down the other – swimming in long ovals rather than up and down the same line

Swimming lessons are the process of learning to swim. We provide lessons for both children and adults in different levels

Visiting the pool is a great family activity, and we make sure families can enjoy swimming together.

Our ratio is 1 adult (member only) to 2 children (regardless of their age)

Please note 121 swim lessons may take place in one lane outside of these times. We ensure at all times we have at least one lane available for lane swimming

Saturday				Sunday			
	Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3
06:30	Closed			06:30	Closed		
07:00							
07:30							
08:00	Lane Swim			08:00	Lane Swim		
08:30	Water Babies 08:15-10:45			08:30			
09:00				09:00			
09:30				09:30			
10:00				10:00			
10:30				10:30			
11:00	Aqua- 11:15-12:00			11:00			
11:30				11:30			
12:00	Water Babies 12:00-15:00			12:00			
12:30				12:30			
13:00				13:00			
13:30				13:30			
14:00			Family Swim 14:00-17:30		14:00		
14:30				14:30			
15:00				15:00			
15:30				15:30			
16:00				16:00			
16:30				16:30			
17:00				17:00			
17:30				17:30			
18:00				18:00			
18:30				18:30			
19:00				19:00			
19:30	Closed			19:30	Closed		
20:00							
20:30							
21:00							
21:30							