

Member Swimming

	06:00 - 07:00	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
MONDAY	ADULT ONLY SWIMMING 06:00 - 10:00				AQUA 10:00 10:45	ADULT SWIM 10.45 11.30	FAMILY SWIM 11:30 12:30	ADULT ONLY SWIMMING 12:30 -15:50			SWIMMING LESSONS 15:50-17:30 FAMILY SWIM TIMES 17:30 - 18:00		ADULT ONLY SWIMMING 18:00 - 21:30				
TUESDAY	ADULT ONLY SWIMMING 06:00 -10.30					AQUA 10:30 11:15	FAMILY SWIM 11:30-12:30	ADULT ONLY SWIMMING 12:30 - 15:50			SWIMMING LESSONS 15:50-17:30 FAMILY SWIM TIMES 17:30 - 18:00		ADULT ONLY SWIM 18:00 19:00	ADULT ONLY SWIM 19:45 - 21:30			
WEDNESDAY	ADULT ONLY SWIMMING 06:00 - 11.30						FAMILY SWIM 11:30 12:30	ADULT ONLY SWIMMING 12:30 - 15:50			SWIMMING LESSONS 15:50-17:30 FAMILY SWIM TIMES 17:30 - 18:00		AQUA 18:45 19:30	ADULT ONLY SWIMMING 18:00 - 21:30			
THURSDAY	ADULT ONLY SWIMMING 06:00 - 11:30						FAMILY SWIM 11:30 12:30	ADULT ONLY SWIMMING 12:30 - 15:50			SWIMMING LESSONS 15:50-17:30 FAMILY SWIM TIMES 17:30 - 18:00		ADULT ONLY SWIMMING 18:00 - 21:30				
FRIDAY	ADULT ONLY SWIMMING 06.00 - 09:10			AQUA 09:10 09:55	ADULT ONLY SWIMMING 09:55 - 11:30		FAMILY SWIM 11:30 12:30	ADULT ONLY SWIMMING 12:30 - 15:50			SWIMMING LESSONS 15:50-17:30 FAMILY SWIM TIMES 17:30 - 18:00		ADULT ONLY SWIMMING 18:00 - 20:30				
SATURDAY			ADULT LANE SWIM 08:00 09:00	SWIMMING LESSONS 08:30-12:00			ADULT ONLY SWIMMING 12:00 - 14:00 (12-1230 Private Lessons)		FAMILY SWIM TIMES 14:00 - 16:00		ADULT ONLY SWIMMING 16.00 17.30						
SUNDAY			ADULT ONLY SWIM 08:00 09:00	AQUA 09:00 09:45	FAMILY SWIM TIMES 09:45 - 12:00		ADULT ONLY SWIMMING 12:00 - 16.30										

- AQUA: One swimming lane will be in operation for adult swimming during scheduled AQUA classes.
- Swimming lessons will be conducted in the main pool, making the pool unavailable for member use during scheduled lessons.
- Terms and conditions. The timetable is subject change and is based on Instructor availability.