

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					AQUA 11:00 11:50	ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 14:00-19:00				ADULT ONLY SWIMMING						
TUESDAY	ADULT ONLY SWIMMING								SWIMMING LESSONS LANE ONE 14:00-19:00				CHILD SWIM TIMES 14:00 - 19:00				ADULT ONLY SWIMMING			
WEDNESDAY	ADULT ONLY SWIMMING								SWIMMING LESSONS LANE ONE 14:00-19:00				CHILD SWIM TIMES 14:00 - 19:00				ADULT ONLY SWIMMING			
THURSDAY	ADULT ONLY SWIMMING					AQUA FIT 11:00 11:45		AQUA YOGA 12:15 13:00	ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 14:00-19:00				CHILD SWIM TIMES 14:00 - 19:00			ADULT ONLY SWIMMING	
FRIDAY	ADULT ONLY SWIMMING								SWIMMING LESSONS LANE ONE 14:00-19:00				CHILD SWIM TIMES 14:00 - 19:00				ADULT ONLY SWIMMING			
SATURDAY			ADULT ONLY SWIMMING								SWIMMING LESSONS LANE ONE 14:00-19:00				CHILD SWIM TIMES 14:00 - 19:00				ADULT ONLY SWIM	
SUNDAY			AQUA FIT 09:00 09:50	ADULT ONLY SWIMMING					CHILD SWIM TIMES 14:00 - 19:00				ADULT ONLY SWIM							

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