

# 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						SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						AQUA 19:15 - 20:15	ADULT ONLY SWIMMING						
TUESDAY	ADULT ONLY SWIMMING					AQUA 11:15 - 12:00	ADULT ONLY SWIMMING					SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						Swimsanity 19:15 - 20:00	ADULT ONLY SWIMMING	
WEDNESDAY	ADULT ONLY SWIMMING						SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						ADULT ONLY SWIMMING		AQUA 20:30 - 21:00	ADULT ONLY SWIM				
THURSDAY	ADULT ONLY SWIMMING					Swimsanity 11:00 - 11:45	ADULT ONLY SWIMMING					SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						AQUA 19:30 - 20:15	ADULT ONLY SWIMMING	
FRIDAY	ADULT ONLY SWIMMING						SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						ADULT ONLY SWIMMING							
SATURDAY	ADULT ONLY SWIM		AQUA 9:00 - 9:45	ADULT ONLY SWIM					SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						ADULT ONLY SWIM					
SUNDAY	ADULT ONLY SWIMMING						SWIMMING LESSONS LANE 1 & GENERAL LANE CHILD SWIM TIMES 14:00 - 19:00						ADULT ONLY SWIM							

- Poolside facilities close 30 minutes prior to close closure every day
- 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.
- Adult swimming lessons will also take place throughout the day in the GENERAL LANE