

Member Swimming

MAIN POOL TIMETABLE

	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 06:30 - 11:00					AQUA 11:00 11:45	ADULT ONLY SWIMMING 11:45 - 21:45										
TUESDAY	ADULT ONLY SWIMMING 06:30 - 15:45										SWIMMING LESSONS Main Pool 15:45-18:00	SWIMFIT 18:00 19:00	ADULT ONLY SWIMMING 19:00 - 21:45				
WEDNESDAY	ADULT ONLY SWIMMING 06:30 - 10:45					AQUA 10:45 11:30	ADULT ONLY SWIMMING 11:30 - 15:45					SWIMMING LESSONS MAIN POOL 15:45-18:30		ADULT ONLY SWIMMING 18:30 - 21:45			
THURSDAY	ADULT ONLY SWIMMING 06:30 - 08:00	AQUA 08:00 08:45	ADULT ONLY SWIMMING 08:45 - 11:00		AQUA 11:00 11:45	ADULT ONLY SWIMMING 11:45 - 21:45											
FRIDAY	ADULT ONLY SWIMMING 06:30 - 21:45																
SATURDAY	ADULT ONLY SWIMMING 07:45 - 19:45																
SUNDAY	ADULT ONLY SWIMMING 07:45 - 19:45																

- AQUA & SwimFit: The main pool will be used for these sessions.
- Swimming lessons will be conducted in the main pool only.
- Terms and conditions. The timetable is subject change and is based on Instructor availability.

Member Swimming

LEISURE POOL TIMETABLE

	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 06:30 - 21:45															
TUESDAY	ADULT ONLY SWIMMING 06:30 - 21:45															
WEDNESDAY	ADULT ONLY SWIMMING 06:30 - 21:45															
THURSDAY	ADULT ONLY SWIMMING 06:30 - 21:45															
FRIDAY	ADULT ONLY SWIMMING 06:30 - 21:45															
SATURDAY	ADULT ONLY SWIMMING 07:45 - 19:45															
SUNDAY	ADULT ONLY SWIMMING 07:45 - 19:45															

• Terms and conditions. The timetable is subject change and is based on Instructor availability.