

# 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 16:00 - 19:00		AQUA 19:30 20:15		ADULT ONLY SWIMMING	
TUESDAY	ADULT ONLY SWIMMING										SWIMMING LESSONS 16:00-19:00		HYDRO 19:00 20:00		ADULT ONLY SWIMMING	
WEDNESDAY	ADULT ONLY SWIMMING										SWIMMING LESSONS 16:00-19:00		AQUA 19:30 20:15		ADULT ONLY SWIMMING	
THURSDAY	ADULT ONLY SWIM	HYDRO 07:00 08:00	ADULT ONLY SWIMMING					AQUA 13:30 14:15	ADULT ONLY SWIMMING		SWIMMING LESSONS 16:00-19:00		ADULT ONLY SWIMMING			
FRIDAY	ADULT ONLY SWIMMING										SWIMMING LESSONS 16:00-19:00		ADULT ONLY SWIMMING			
SATURDAY	ADULT ONLY SWIM		SWIMMING LESSONS LANE ONE 09:00-13:00				ADULT ONLY SWIMMING									
SUNDAY	ADULT ONLY SWIM		SWIMMING LESSONS 09:00-13:00				ADULT ONLY SWIMMING									

- AQUA - This takes place in the open space of the pool and swim lanes are open for general adult swim time.
- HYDRO "Speed Swimming" - This class takes place in the slow lane of the pool.
- SWIMMING LESSONS will be conducted in the slow lane and a sectioned off area of the open swim area and will be unavailable for member use during scheduled lesson times.
- Terms and conditions. The timetable is subject change and is based on Instructor availability.