

# 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 09:15 10:00	ADULT ONLY SWIMMING								AQUA 18:30 19:15	ADULT ONLY SWIMMING		
TUESDAY	ADULT ONLY SWIMMING				AQUA 10:00 10:45	ADULT ONLY SWIMMING		AQUA 13:00 13:45	ADULT ONLY SWIMMING							
WEDNESDAY	ADULT ONLY SWIMMING				AQUA 10:05 10:50	ADULT ONLY SWIMMING		AQUA 12:45 13:30	ADULT ONLY SWIMMING				AQUA 18:30 19:15	ADULT ONLY SWIMMING		
THURSDAY	ADULT ONLY SWIMMING					AQUA 11:30 12:15	ADULT ONLY SWIMMING		SWIMMING LESSONS LANE ONE 14:30-21:00					ADULT ONLY SWIMMING		
FRIDAY	ADULT ONLY SWIMMING				AQUA 10:15 11:00	ADULT ONLY SWIMMING	AQUA 11:45 12:30	ADULT ONLY SWIMMING								
SATURDAY			ADULT ONLY SWIMMING	AQUA 09:00 09:45	ADULT ONLY SWIMMING		CHILD SWIM TIMES 12:00 - 16:00				ADULT ONLY SWIMMING					
SUNDAY				ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 09:40 - 11:40 & 16:30 - 19:00				CHILD SWIM TIMES 12:00 - 16:00				ADULT ONLY SWIMMING	

- 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.