

# 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 10:30 11:15	AQUA 11:30- 12:15	ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 16:00-18:00			CHILD SWIM TIMES 14:00 - 19:00			ADULT ONLY SWIMMING	
TUESDAY	ADULT ONLY SWIMMING				AQUA 10:00 11:00	ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 16:00-18:00			CHILD SWIM TIMES 14:00 - 19:00			ADULT ONLY SWIMMING		
WEDNESDAY	ADULT ONLY SWIMMING				AQUA 11:00 12:00	ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 16:00-18:00			CHILD SWIM TIMES 14:00 - 19:00			ADULT ONLY SWIMMING		
THURSDAY	ADULT ONLY SWIMMING				AQUA 10:00 10:30	AQUA 10.45 11.15	ADULT ONLY SWIMMING			SWIMMING LESSONS LANE ONE 16:00-18:00			AQUA 19:00 20:00		ADULT ONLY SWIMMING		
FRIDAY	ADULT ONLY SWIMMING						ADULT ONLY SWIMMING			No Lessons			CHILD SWIM TIMES 14:00 - 19:00			ADULT ONLY SWIMMING	
SATURDAY	ADULT ONLY SWIMMING				ADULT ONLY SWIMMING			ADULT ONLY SWIMMING			No Lessons			ADULT ONLY SWIMMING		ADULT ONLY SWIMMING	
SUNDAY	ADULT ONLY SWIMMING				ADULT ONLY SWIMMING			ADULT ONLY SWIMMING			No Lessons			ADULT ONLY SWIMMING		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.