

# 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 12.15-13.00	CHILD SWIM TIMES 13.00- 17.30				SWIMMING LESSONS LANE ONE 16:00-18:00		ADULT ONLY SWIMMING			
TUESDAY	ADULT ONLY SWIMMING			AQUA 09:45-10:30	ADULT ONLY SWIMMING		CHILD SWIM TIMES 12:00 - 17:30				ADULT ONLY SWIMMING		AQUA 19:00-19:45	ADULT ONLY SWIMMING			
WEDNESDAY	ADULT ONLY SWIMMING						CHILD SWIM TIMES 12:00 - 17:30				SWIMMING LESSONS LANE ONE 16:00-18:00		ADULT ONLY SWIMMING				
THURSDAY	ADULT ONLY SWIMMING			AQUA 10:15-11:00	ADULT ONLY SWIMMING		CHILD SWIM TIMES 12:00 - 17:30				ADULT ONLY SWIMMING						
FRIDAY	ADULT ONLY SWIMMING			AQUA 09:30-10:15	ADULT ONLY SWIMMING		CHILD SWIM TIMES 12:00 - 17:30				SWIMMING LESSONS LANE ONE 16:00-18:30		ADULT ONLY SWIMMING				
SATURDAY			SWIMMING LESSONS LANE ONE 09:00-10:30			ADULT ONLY SWIMMING		CHILD SWIM TIMES 12:00 - 16:00				ADULT ONLY SWIMMING					
SUNDAY			ADULT ONLY SWIMMING			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 apply. The timetable is subject to change and is based on instructor availability.