

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 10:15 11:00 | ADULT ONLY SWIMMING | | | CHILD SWIM TIMES & SWIMMING LESSONS 14:00 - 19:00 | | | | ADULT ONLY SWIMMING | | | | |
| TUESDAY | ADULT ONLY SWIMMING | | | | AQUA 10:15 11:00 | ADULT ONLY SWIMMING | | | CHILD SWIM TIMES & SWIMMING LESSONS 14:00 - 19:00 | | | | ADULT ONLY SWIMMING | | | | |
| WEDNESDAY | ADULT ONLY SWIMMING | | | | AQUA 10:15 11:00 | ADULT ONLY SWIMMING | | | CHILD SWIM TIMES & SWIMMING LESSONS 14:00 - 19:00 | | | | ADULT ONLY SWIMMING | | | | |
| THURSDAY | ADULT ONLY SWIMMING | | | | AQUA 10:15 11:00 | ADULT ONLY SWIMMING | | | CHILD SWIM TIMES & SWIMMING LESSONS 14:00 - 19:00 | | | | | AQUA 19:00 19:45 | ADULT ONLY SWIMMING | | |
| FRIDAY | ADULT ONLY SWIMMING | | | | AQUA 10:15 11:00 | ADULT ONLY SWIMMING | | | CHILD SWIM TIMES & SWIMMING LESSONS 14:00 - 19:00 | | | | ADULT ONLY SWIMMING | | | | |
| SATURDAY | | | ADULT ONLY SWIMMING | | | | | CHILD SWIM TIMES 13:00 - 18:00 | | | | ADULT ONLY SWIM | | | | | |
| SUNDAY | | | ADULT ONLY SWIMMING | | | | | CHILD SWIM TIMES 13:00 - 18:00 | | | | ADULT ONLY SWIM | | | | | |
| | | | | | | | | | | | | | | | | | |

- Poolside facilities close 30 minutes prior to close closure every day
- AQUA: The swimming pool will be closed for aqua at this time, the sauna, steam and spa pools will remain open for our members and guests
- Swimming lessons will be conducted in our leisure lane.
- Terms and conditions. The timetable is subject change and is based on Instructor availability.