



| | 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 | | AQUA ZUMBA 13:30 - 14:15 2 Lanes Open | CHILD SWIM TIMES 14:00 - 19:00 | | | | ADULT ONLY SWIMMING | | |
| TUESDAY | ADULT ONLY SWIMMING | | | | | AQUA 11:30 - 12:15 | | AQUA 13:15 - 14:00 2 Lanes Open | CHILD SWIM TIMES 14:00 - 19:00 SwimNow 1-2-1 SWimming Lessons | | | | ADULT ONLY SWIMMING | | | |
| WEDNESDAY | ADULT ONLY SWIMMING | | | | | | AQUA 12:00 - 12:45 | | CHILD SWIM TIMES 14:00 - 19:00 SwimNow 1-2-1 Swimming Lessons | | | | | AQUA 19:30 - 20:15 2 Lanes Open | ADULT ONLY SWIMMING | |
| THURSDAY | ADULT ONLY SWIMMING | | | | | | | | CHILD SWIM TIMES 14:00 - 19:00 SwimNow 1-2-1 Swimming Lesson | | | | ADULT ONLY SWIMMING | | | |
| FRIDAY | ADULT ONLY SWIMMING | | | | | AQUA 10:30-11:15 | | | | CHILD SWIM TIMES 14:00 - 19:00 SwimNow 1-2-1 Swimming Lessons | | | | ADULT ONLY SWIMMING | | |
| SATURDAY | | | ADULT ONLY SWIMMING | | | | | | CHILD SWIM TIMES 14:00 - 19:00 | | | | ADULT ONLY SWIM | | | |
| SUNDAY | | | ADULT ONLY SWIMMING | | | | | | CHILD SWIM TIMES 14:00 - 19:00 | | | | ADULT ONLY SWIM | | | |

- AQUA: All swimming lanes will be shut during scheduled AQUA classes unless advised.
- Terms and conditions. The timetable is subject change and is based on Instructor availability.