



# Our Swim Time Table

## Monday

06.30-07.00	Main Pool	Members Only
07.00-08.00	Main Pool	Early Dip Lane Swim
08.00-09.00	Main Pool	Easy Pace Lane Swim
09.00-10.00	Main Pool	Ladies Only Lane Swim
10.00-11.00	Main Pool	Width Swim
10.00-10.45	Splash Pool	Aqua Fit
10.45-11.30	Splash Pool	Aqua Care
12.00-13.00	Main Pool	Lunch Lane Swim
12.30-13.15	Teaching Pool	Parent and Toddler
14.45-15.30	Main&Splash Pool	Disabled Swim
15.30-17.00	Main Pool	Lane Swim
16.00-17.00	Splash Pool	Family Splash
19.00-19.45	Main Pool	Easy Pace Lane Swim
19.45-20.30	Main Pool	Adult Only Lane Swim

## Tuesday

06.30-07.00	Main Pool	Members Only
07.00-08.00	Main Pool	Early Dip Lane Swim
08.00-09.00	Main Pool	Easy Pace Lane Swim
12.15-13.00	Main Pool	Lunch Lane Swim
15.30-17.00	Main Pool	Lane Swim

## Wednesday

06.30-07.00	Main Pool	Members Only
07.00-08.00	Main Pool	Early Dip Lane Swim
08.00-09.00	Main Pool	Easy Pace Lane Swim
12.00-13.00	Main Pool	Lunch Lane Swim
12.30-13.15	Teaching Pool	Parent and Toddler
15.30-17.00	Main Pool	Lane Swim
16.00-17.00	Splash Pool	Family Splash
19.45-20.30	Main Pool	Adult Only Lane Swim

## Thursday

06.30-07.00	Main Pool	Members Only
07.00-08.00	Main Pool	Early Dip Lane Swim
08.00-09.00	Main Pool	Ladies Only Lane Swim
09.00-10.00	Main Pool	Aqua Natal
12.00-13.00	Main Pool	Lunch Lane Swim
12.00-12.45	Splash Pool	Aqua Care
15.30-17.00	Main Pool	Lane Swim
16.00-17.00	Splash Pool	Family Splash
19.00-19.45	Main Pool	Width Swim
19.45-20.30	Main Pool	Adult Only Lane Swim

## Friday

06.30-07.00	Main Pool	Members Only
07.00-08.00	Main Pool	Early Dip Lane Swim
08.00-09.00	Main Pool	Easy Pace Lane Swim
09.00-10.00	Main Pool	Lane Swim
09.15-10.00	Splash Pool	Aqua Fit
11.00-11.45	Main&Splash Pool	Disabled Swim
12.00-13.00	Main Pool	Lunch Lane Swim
16.30-17.30	Main Pool	Lane Swim
17.30-18.30	Main Pool	Adult Only Lane Swim

## Saturday & Sunday

09.00-10.00	Main Pool	Lane Swim
09.00-10.00	Splash Pool	Family Splash
09.00-09.45	Teaching Pool	Parent and Toddler
09.45-10.30	Teaching Pool	Parent and Toddler
13.00-13.45	Splash Pool	Family Splash
13.00-13.45	Main Pool	General Swim
14.00-14.45	Splash Pool	Family Splash
14.00-14.45	Main Pool	General Swim
15.00-15.45	Splash Pool	Family Splash
15.00-15.45	Main Pool	General Swim
16.00-17.00	Main Pool	Adult Lane Swim
16.00-16.45 (Saturday Only)	Splash Pool	Family Splash



To book online



To become a member

Time to go  
For a  
**SWIM!**