



GET SWIMMING AND FEEL GOOD!



SEPT-DEC SWIM TIMES

MONDAY

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| 25M SWIMMING 2M DEEP | 6.00am - 9.30pm |
| SHALLOW TANK 1.2M DEEP [CAFÉ SIDE] | 6.00am - 9.30am 12.30pm - 1.30pm 5.00pm - 9.30pm |
| LEARNER POOL | 6.00am - 7.30am 8.30am - 9.30am 12.30pm - 1.30pm 7.00pm - 8.30pm |
| AQUA AEROBICS [LEARNER POOL] | 7.30am - 8.15am |
| AQUA AEROBICS [SCREEN SIDE] | 8.30pm - 9.15pm |

FRIDAY

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| 25M SWIMMING 2M DEEP | 6.00am - 8.00am 8.30am - 5.30pm 6.00pm - 9.30pm |
| SHALLOW TANK 1.2M DEEP [CAFÉ SIDE] | 8.30am - 9.30am 12.30pm - 1.30pm |
| LEARNER POOL | 6.00am - 9.30am 12.30pm - 1.30pm 5.00pm - 6.00pm |
| SPLASH SESSIONS | 7.30pm - 9.30pm |
| AQUA AEROBICS [SCREEN SIDE] | 12.30pm - 1.15pm |

TUESDAY

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|--|---|
| 50M SWIMMING 2M DEEP | 6.00am - 8.00am |
| 25M SWIMMING 2M DEEP | 8.30am - 9.30pm |
| SHALLOW TANK 1.2M DEEP [CAFÉ SIDE] | 8.30am - 9.30am 12.30pm - 1.30pm 3.00pm - 9.30pm |
| LEARNER POOL | 6.00am - 7.00am 8.00am - 9.30am 12.30pm - 1.30pm 8.00pm - 9.30pm |
| AQUA AEROBICS [LEARNER POOL] | 7.00am - 7.45am |

SATURDAY

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|--|-------------------------------------|
| 25M SWIMMING 2M DEEP | 8.00am - 9.30am 1.30pm - 6.30pm |
| 50M SWIMMING 2M DEEP | 10.00am - 1.00pm |
| SHALLOW TANK 1.2M DEEP [SCREEN SIDE] | 1.30pm - 6.30pm |
| LEARNER POOL | 11.00am - 1.00pm 4.00pm - 6.30pm |
| SPLASH SESSIONS | 1.00pm - 4.00pm |

WEDNESDAY

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| 25M SWIMMING 2M DEEP | 6.00am - 8.00am 8.30am - 5.30pm 6.00pm - 9.30pm |
| SHALLOW TANK 1.2M DEEP [CAFÉ SIDE] | 8.30am - 9.30am 12.30pm - 1.30pm 3.30pm - 5.30pm |
| LEARNER POOL | 6.00am - 9.30am 12.30pm - 1.30pm 7.00pm - 9.30pm |

SUNDAY

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|--|---|
| 50M SWIMMING 2M DEEP | 8.00am - 1.00pm |
| SPLASH SESSIONS | 11.00am - 1.00pm |
| 25M SWIMMING 2M DEEP | 1.30pm - 6.30pm |
| SHALLOW TANK 1.2M DEEP [SCREEN SIDE] | 1.30pm - 6.30pm |
| LEARNER POOL | 1.00pm - 6.30pm |
| INDOOR INFLATABLE [SCREEN SIDE] | 1.30pm - 2.15pm 2.30pm - 3.15pm 3.30pm - 4.15pm |

THURSDAY

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| 50M SWIMMING 2M DEEP | 6.00am - 8.00am |
| 25M SWIMMING 2M DEEP | 8.30am - 5.30pm 6.00pm - 9.30pm |
| SHALLOW TANK 1.2M DEEP [CAFÉ SIDE] | 8.30am - 9.30am 12.30pm - 1.30pm 3.30pm - 5.30pm |
| LEARNER POOL | 6.00am - 9.30am 12.30pm - 1.30pm 6.30pm - 8.30pm |
| AQUA AEROBICS [LEARNER POOL] | 8.30pm - 9.15pm |

PLEASE NOTE

Due to swimming lessons taking place in the main pool, the number of lanes available will vary throughout the day. These are subject to change

No booking required for splash sessions, they start on the hour, 1.1m minimum height restriction.