

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 13:15 13:45	CHILD SWIM TIMES 14:30 - 18:00				SWIMMING LESSONS LANE ONE 16:00-18:00				
TUESDAY	ADULT ONLY SWIMMING							AQUA 13:15 13:45	CHILD SWIM TIMES 14:30 - 18:00				ADULT ONLY SWIMMING				
WEDNESDAY	ADULT ONLY SWIMMING							CHILD SWIM TIMES 14:30 - 18:00				ADULT ONLY SWIMMING					
THURSDAY	ADULT ONLY SWIMMING							AQUA 13:15 13:45	CHILD SWIM TIMES 14:30 - 18:00				SWIMMING LESSONS LANE ONE 16:00-18:00				
FRIDAY	ADULT ONLY SWIMMING							AQUA 13:15 13:45	CHILD SWIM TIMES 14:30 - 18:00				ADULT ONLY SWIMMING				
SATURDAY	SWIMMING LESSONS LANE ONE 08:00-11:00		CHILD SWIM TIMES 08:00-11:00				ADULT ONLY SWIM				CHILD SWIM TIMES 14:00 - 16:00		ADULT ONLY SWIMMING				
SUNDAY			CHILD SWIM TIMES 08:00-11:00								CHILD SWIM TIMES 14:00 - 16:00						

- AQUA: The pool will be closed during Aqua classes (The Sauna / Steam / Spa pool will remain open)
- Swimming lessons will be conducted in lane one
- Terms and conditions. The timetable is subject change and is based on Instructor availability.