

# 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 10:00 11:00	ADULT ONLY SWIMMING				CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING				
TUESDAY	ADULT ONLY SWIMMING				AQUA 10:00 11:00	ADULT ONLY SWIMMING		AQUA 12:45 13:45	ADULT ONLY SWIMMING		CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING			
WEDNESDAY	ADULT ONLY SWIMMING				AQUA 10:00 11:00		AQUA 12:00 - 13:00	ADULT ONLY SWIMMING			CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING			
THURSDAY	ADULT ONLY SWIMMING						AQUA 12:00 13:00	ADULT ONLY SWIMMING			CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING			
FRIDAY	ADULT ONLY SWIMMING				AQUA 10:00 11:00	ADULT ONLY SWIMMING				CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING				
SATURDAY			ADULT ONLY SWIMMING							CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING				
SUNDAY			ADULT ONLY SWIMMING							CHILD SWIM TIMES 15:00-18:00			ADULT ONLY SWIMMING				

- AQUA: The swimming pool is closed to swimmers for the duration of the class. Class participants are expected to adhere to lane rules until the class commences
- Swimming lessons are available on a 1 to 1 or 1 to 2 basis, and will not interfere with lane swimming
- Terms and conditions. The timetable is subject to change and is based on Instructor availability. For up to date information, please check the app