

INDOOR POOL - Term Time Monday 30th September to Sunday 20th October

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
MON	Lane 1		Adults Only		Adult Swim Ts	Lane Swim	Lane Swim	Adults Only	Lane Swim		Lane Swim	Swim Lessons			Adult Swim Ts	Adults Only
	Lane 2		Adults Only			General Swim		Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only			General Swim	HIT Aqua - 10.50am	Adults Only	Hydro Rehab		General Swim		General Swim		General Swim	Adults Only
	Lane 4		Adults Only					Adults Only					General Swim		General Swim	Adults Only
TUES	Lane 1		Adults Only		Lane Swim	Lane Swim	Lane Swim	Adults Only			Swim Lessons				Lane Swim	Adults Only
	Lane 2		Adults Only					Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only		G. Swim	Aqua 9.45am	General Swim	Adults Only	Hydro Rehab		General Swim		General Swim		General Swim	Adults Only
	Lane 4		Adults Only					Adults Only					Swim Lessons		General Swim	Adults Only
WED	Lane 1		Adults Only		Adult Swim Ts	Lane Lane	Lane Swim	Adults Only	Big Adult Swim			Swim Lessons				Adults Only
	Lane 2		Adults Only					Adults Only				Lane Swim				Adults Only
	Lane 3		Adults Only		General Swim		Aqua 10.30am	G. Swim	Adults Only		General Swim		General Swim		General Swim	Adults Only
	Lane 4		Adults Only					Adults Only		General Swim			General Swim		General Swim	Adults Only
THUR	Lane 1		Adults Only		Lane Swim	Lane Swim	Lane Swim	Adults Only			Swim Lessons				Lane Swim	Adults Only
	Lane 2		Adults Only					Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only		Hydro Rehab	General Swim	Aqua 11am	Adults Only		General Swim			General Swim		General Swim	Adults Only
	Lane 4		Adults Only					Adults Only					General Swim		General Swim	Adults Only
FRI	Lane 1		Adults Only		Lane Swim	Lane Swim	Lane Swim	Adults Only			Swim Lessons			Staff Swim Lesson	Lane Swim	Adults Only
	Lane 2		Adults Only					Adults Only								Adults Only
	Lane 3		Adults Only		Aqua 9am	General Swim	General Swim	Adults Only		General Swim		Lane Swim		General Swim	General Swim	Adults Only
	Lane 4		Adults Only					Adults Only					General Swim		General Swim	Adults Only
SAT	Lane 1		Adults Only				Swim Lessons								Lane Swim	Adults Only
	Lane 2		Adults Only		Aqua 8.45am	General Swim	General Swim	Adults Only	Closed Set Up	Inflatable Session ***	Closed Take Down			Lane Swim	Adults Only	
	Lane 3		Adults Only					Adults Only						General Swim	Adults Only	
	Lane 4		Adults Only					Adults Only						General Swim	Adults Only	
SUN	Lane 1		Adults Only				Swim Lessons								Lane Swim	Adults Only
	Lane 2		Adults Only		Lane Swim	General Swim	General Swim	Adults Only	Closed Set Up	Inflatable Session ***	Closed Take Down			Lane Swim	Adults Only	
	Lane 3		Adults Only					Adults Only						General Swim	Adults Only	
	Lane 4		Adults Only					Adults Only						General Swim	Adults Only	

*** Inflatable Session - Indoor Pool is closed for set up / down from 1pm to 1.30pm & 2.30pm to 3pm

*** Inflatable session only takes place on the first and third weekend of the month, remaining weekends - float session only

Outdoor Pool - Term Time - Monday 30th September to Sunday 20th October

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
MON	Lane 1		Adults Only					Lane Swim *						Adults Only	
	Lane 2		Adults Only					Lane Swim *						Adults Only	
	Lane 3		Adults Only		General Swim	Hydro Rehab			General Swim					Adults Only	
	Lane 4		Adults Only						General Swim					Adults Only	
TUES	Lane 1		Adults Only					Lane Swim *						Adults Only	
	Lane 2		Adults Only					Lane Swim *						Adults Only	
	Lane 3		Adults Only		General Swim	Hydro Rehab	**H.S. - 11am		General Swim					Adults Only	
	Lane 4		Adults Only						General Swim					Adults Only	
WED	Lane 1		Adults Only					Lane Swim *						Adults Only	
	Lane 2		Adults Only					Lane Swim *						Adults Only	
	Lane 3		Adults Only		Hydro Circuit 8am**				General Swim					Hydro Rehab	
	Lane 4		Adults Only						General Swim					Adults Only	
THUR	Lane 1		Adults Only		Adult Swim Ts**			Lane Swim *						Adults Only	
	Lane 2		Adults Only					Lane Swim *						Adults Only	
	Lane 3		Adults Only			General Swim		Hydro Circuit 1pm**			General Swim			Adults Only	
	Lane 4		Adults Only						General Swim					Adults Only	
FRI	Lane 1		Adults Only					Lane Swim *						Adults Only	
	Lane 2		Adults Only					Lane Swim *						Adults Only	
	Lane 3		Adults Only		General Swim		Hydro Circuit 11am**	Hydro Rehab			General Swim			Adults Only	
	Lane 4		Adults Only						General Swim					Adults Only	
SAT	Lane 1		Adults Only		Lane Swim*								Adults Only		
	Lane 2		Adults Only		Lane Swim*								Adults Only		
	Lane 3		Adults Only		General Swim								Adults Only		
	Lane 4		Adults Only										Adults Only		
SUN	Lane 1		Adults Only					Lane Swim*					Adults Only		
	Lane 2		Adults Only					Lane Swim*					Adults Only		
	Lane 3		Adults Only		H.S. - 8.10am**								Adults Only		
	Lane 4		Adults Only					General Swim					Adults Only		

* Lane Swim - In case of overcrowding this lane swim will turn into General swim

** Hydro Spin - In case of overcrowding this class will be in the Indoor Pool