INDOOR POOL - Term Time Monday 4th November to Sunday 15th December 4-5pm 9-10am 10-11am 12-1pm 7-8pm 8-9pm Lane 1 Lane 2 MON HIIT Aqua - 10.50ar Lane 3 **General Swim** Hydro Rehab **General Swim General Swim** Lane 4 9-10am 10-11am 11am-12pm 12-1pm 5-6pm 8-9pm 2-3pm Lane 1 Lane Swim TUES Lane 2 Lane Swim Lane Swim Lane Swim Lane 3 Aqua 9.45am 11am-12pm 1-2pm 2-3pm 5-6pm Lane 1 Lane 2 Lane 3 Lane 4 WED Lane Swim General Swim General Swim G. Swim **General Swim** 10-11am Lane Swim 8-9am 9-10am 12-1pm 8-9pm 6-7am 7-8am 11am-12pm 1-2pm 5-6pm Lane 1 Lane 2 Lane 3 THUR Aqua 11am Hydro Rehab **General Swim General Swim** 9-10am 10-11am 11am-12pm 12-1pm 3-4pm 1-2pm 5-6pm Lane Swim Lane 1 Lane 2 FR Lane 3 **General Swim** Adults Only **General Swim General Swim** Lane 4 9-10am 11am-12pm 12-1pm 3-4pm 5-6pm 1-2pn 2-3pm Lane 1 Lane 2 SAT Closed Set Up Aqua 8.45am 7-8am 8-9an 9-10am 10-11aı 11am-12pm 12-1pm 5-6pn 7-8pn Lane 1 Lane 2 SUN Closed Take Closed Set Up Down

General Swim

General Swim

					Outdoor Po	ool - Term T	ime Monday	4th November	to Wednesday 1	1th Decen	nber ***				
		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
	Lane 1			Adults Only			Lane Swim *								
MON	Lane 2			Adults Only	Lane Swim *										
	Lane 3 Lane 4			Adults Only	General Swim Hydro Rehab General Swim										
		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
	Lane 1	Adults Only Lane Swim *													
<u> </u>	Lane 2			Adults Only			Lane Swim *								
- 1	Lane 3 Lane 4			Adults Only	General Swim	Hydro Rehab **H.S 11am General Swim									
		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
	Lane 1			Adults Only		Lane Swim *									
WED	Lane 2			Adults Only	Lane Swim *										
	Lane 3 Lane 4		Adults Only	Hydro Circuit 8am**		General Swim									
		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
	Lane 1			Adults Only	Lane Swim *										
THUR.	Lane 2			Adults Only	Adult Swim Ts**	Lane Swim *									
	Lane 3 Lane 4			Adults Only		General Swim		Hydro Circuit 1pm**							
		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
	Lane 1			Adults Only		Lane Swim *									
	Lane 2			Adults Only		Lane Swim *									
- 1	Lane 3 Lane 4		Adults Only		General Swim Hydro C		Hydro Circuit 11am**	Hydro Rehab	General Swim						
		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	
$\neg \neg$	Lane 1			Adults Only		Lane Swim*									
SAT	Lane 2			Adults Only	Lane Swim*										
H	Lane 3 Lane 4			Adults Only General Swim											
		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
	Lane 1			Adults Only			Lane Swim*	<u>, </u>							
L						Lane Swim*									
	Lane 2			Adults Only			Lane Swim*								

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

^{***} 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

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

^{***} Outdoor Pool will be closed from Thurs 12th December to Thursday 2nd January. Reopening - Friday 3rd January 2025