

**INDOOR POOL - Term Time Monday 6th January to Sunday 16th February**

		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		Adults Only	Lane Swim		Swim Lessons			Adult Swim Ts		Adults Only
	Lane 2		Adults Only			Lane Swim		Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only			General Swim	HIIT Aqua - 10.50am	Adults Only	Hydro Rehab		General Swim		General Swim			Adults Only
	Lane 4		Adults Only					Adults Only				General Swim	Swim Lessons		General Swim	Adults Only
TUES	Lane 1		Adults Only		Lane Swim	Lane Swim		Adults Only		Swim Lessons				Lane Swim		Adults Only
	Lane 2		Adults Only		Lane Swim		Lane Swim	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				General Swim	Swim Lessons		General Swim	Adults Only
WED	Lane 1		Adults Only		Adult Swim Ts	Lane Swim		Adults Only	Beg Adult Swim		Swim Lessons			Adult Swim Ts		Adults Only
	Lane 2		Adults Only			Lane Swim		Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only			Aqua 10.30am	G. Swim	Adults Only			General Swim		General Swim		General Swim	Adults Only
	Lane 4		Adults Only		General Swim			Adults Only				General Swim	Swim Lessons		General Swim	Adults Only
THUR	Lane 1		Adults Only		Lane Swim	Lane Swim		Adults Only		Swim Lessons				Lane Swim		Adults Only
	Lane 2		Adults Only		Lane Swim		Lane Swim	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	Swim Lessons		General Swim	Adults Only
FRI	Lane 1		Adults Only		Lane Swim	Lane Swim		Adults Only		Swim Lessons			Staff Swim Lesson	Lane Swim		Adults Only
	Lane 2		Adults Only		Lane Swim		Lane Swim	Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only		Aqua 9am	General Swim		Adults Only			General Swim		General Swim		General Swim	Adults Only
	Lane 4		Adults Only					Adults Only				General Swim	Swim Lessons		General Swim	Adults Only
SAT	Lane 1		Adults Only		Swim Lessons			Adults Only	1-2pm					Lane Swim		Adults Only
	Lane 2		Adults Only		Lane Swim			Adults Only	Closed Set Up	Inflatable Session ***		Closed Take Down		Lane Swim		Adults Only
	Lane 3		Adults Only		Aqua 8.45am	General Swim		Adults Only						General Swim		Adults Only
	Lane 4		Adults Only					Adults Only						General Swim		Adults Only
SUN	Lane 1		Adults Only		Swim Lessons			Adults Only	1-2pm					Lane Swim		Adults Only
	Lane 2		Adults Only		Lane Swim			Adults Only	Closed Set Up	Inflatable Session ***		Closed Take Down		Lane Swim		Adults Only
	Lane 3		Adults Only		General Swim			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 6th January to Sunday 16th February**

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