

INDOOR POOL - Term Time - Monday 24th Feb to Sunday 30th March

		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	General Swim	Adults Only	
	Lane 4		Adults Only					Adults Only				Swim Lessons			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		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			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				Swim Lessons			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		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				Swim Lessons			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		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				Swim Lessons			Adults Only	
SAT	Lane 1		Adults Only		Swim Lessons				1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
	Lane 2		Adults Only			Lane Swim			Closed Set Up	Inflatable Session ***	Closed Take Down		Lane Swim	Adults Only		
	Lane 3		Adults Only		Aqua 8.45am	General Swim							Lane Swim	Adults Only		
	Lane 4		Adults Only									General Swim		Adults Only		
SUN	Lane 1		Adults Only		Swim Lessons				1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
	Lane 2		Adults Only			Lane Swim			Closed Set Up	Inflatable Session ***	Closed Take Down		Lane Swim	Adults Only		
	Lane 3		Adults Only			General Swim							Lane Swim	Adults Only		
	Lane 4		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 24th Feb to Sunday 30th March

		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				General Swim								
THUR	Lane 1		Adults Only		Lane Swim *										
	Lane 2		Adults Only		Adult Swim Ts**										
	Lane 3		Adults Only				General Swim								
	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				General Swim								
	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				General Swim								

* 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