



SWIMMING TIMES

Monday:

09.15–10.00: Aqua (1 lane free)
10.00–10.45: Aqua Core (1 lane free)
18.30–19.15: Aqua (2 lanes free)

Tuesday:

09.15–10.00: Aqua (no lanes free)
10.00–10.45: Poolates (1 lane free)
16.00–18.00: Family Splash (1 lane free)

Wednesday:

08.30–09.15: Poolates (2 lanes free)
09.15–10.00: Aqua Zumba (no lanes free)
18.00–18.45: Aqua (1 lanes free)

Thursday:

10.00–10.45: Aqua (1 lane free)
16.00–18.00: Family Splash (1 lane free)

Friday:

09.15–10.00: Aqua (no lanes free)
10.00–10.45: Poolates (1 lane free)

Saturday:

09.15–10.00: Aqua (1 lane free)
14.00–16.00: Family Splash (2 lanes free)

Sunday:

14.00–16.00: Family Splash (2 lanes free)

Weekday adult's only swimming times: Before 11:00, during club classes, and after 18:00.
Weekend adult's only swimming times: Before 10:30, during club classes, and after 18:00.
No children under 16 years allowed in the pool unaccompanied.
A full adult member must be present at all times.