

Swim times

Monday 22 July - Sunday 4 August 2019

MONDAY

7.00am - 8.55am	Lane Swim (Lx4)	M L	■
9.00am - 9.55am	Aqua aerobics	M	■
10.00am - 12noon	Swim Academy	M shallow end L	■
10.00am - 12noon	Public	M deep end	■
12.05pm - 3.30pm	Public (Lx2)	M L	■
6.30pm - 7.50pm	Public (Lx2)	M L	■
7.55pm - 8.55pm	Lane Swim (Lx4)	M L	■
9.00pm - 10.00pm	Adults Only (Lx2)	M	■

FRIDAY

7.00am - 8.55am	Lane Swim (Lx4)	M L	■
9.00am - 9.55am	Aqua aerobics	M	■
10.00am - 12noon	Swim Academy	M shallow end L	■
10.00am - 12noon	Public	M deep end	■
12.05pm - 1.30pm	Public (Lx2)	M	■
1.30pm - 2.30pm	Adults Only (Lx2)	M	■
2.30pm - 3.30pm	Public	M L	■
7.00pm - 9.00pm	Swimming Club	M	■

TUESDAY

6.30am - 9.30am	Lane Swim (Lx4)	M L	■
9.30am - 1.30pm	Public (Lx2)	M L	■
1.30pm - 3.30pm	Public	M L	■
6.20pm - 7.00pm	Adult lessons	M L	■
7.05pm - 8.05pm	Adults Only (Lx2)	M L	■
7.05pm - 8.05pm	Swimming Club (Lx3)	M	■
8.10pm - 9.10pm	Aqua Aerobics	M	■
9.15pm - 10.00pm	Adults Only	M	■

SATURDAY

7.00am - 8.00am	Lane Swim (Lx2)	M	■
11.45am - 3.00pm	Public	M L	■
	<i>maybe closed for private hire, check website for details</i>		
3.00pm - 5.00pm	Public (Lx2)	M L	■

SUNDAY

8.00am - 9.30am	Swimming Club	M	■
9.35am - 12.55pm	Public	M L	■
1.00pm - 2.00pm	Lane Swim (Lx4)	M L	■
2.05pm - 4.55pm	Public (Lx2)	M L	■
	<i>maybe closed for private hire, check website for details</i>		
5.00pm - 6.00pm	Lifesaving Club	M L	■
6.05pm - 6.55pm	Public (Lx2)	M L	■
7.00pm - 8.00pm	Octopush Club	M	■

WEDNESDAY

7.00am - 8.55am	Lane Swim (Lx4)	M L	■
9.00am - 10.00am	Public	M L	■
10.00am - 10.55am	Therapy Swim	M L	■
11.00am - 11.55am	Aqua Aerobics	M	■
12noon - 3.30pm	Public (Lx2)	M L	■
7.55pm - 8.55pm	Lane Swim (Lx4)	M L	■
9.00pm - 10.00pm	Adults Only (Lx2)	M	■

THURSDAY

6.30am - 9.30am	Lane Swim (Lx4)	M L	■
9.30am - 10.30am	Public	M L	■
10.30am - 11.30am	Fun Time Swim	M L	■
11.30am - 12.30pm	School use		■
12.30pm - 3.30pm	Public (Lx2)	M L	■
6.30pm - 6.55pm	Public (Lx2)	M L	■
7.00pm - 7.55pm	Lane Swim (Lx4)	M L	■
8.00pm - 9.00pm	Aqua Aerobics	M	■
9.00pm - 10.00pm	Octopush Club	M	■

Tuesday 30 July and Thursday 1 August

8.30am - 9.30am Two lanes reserved for private use

■ Public/Lane Swim/ Adults only	■ Club use/private
■ Swimming Lessons	■ School use
■ Aqua Aerobics	Lx(number of lanes in main pool)
■ Fun Time Swim	M Main Pool open
■ Therapy Swim	L Learner Pool open