

in the pool...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00							
6.15							
6.30							
6.45							
7.00							
7.15	Adults Only 18+	Adults Only 18+	Adults Only 18+	Adults Only 18+	Adults Only 18+		
7.30							
7.45							
8.00						Adults Only 18+	Adults Only 18+
8.15							
8.30							
8.45							
9.00	General Swim	General Swim	General Swim				
9.15							
9.30	Aqua*	Aqua*	Aqua*	General Swim			
9.45							
10.00					General Swim		
10.15							
10.30	General Swim	General Swim	General Swim	Aqua Babes		Splash Session	Splash Session
10.45							
11.00				General Swim			
11.15							
11.30					Adults Only 18+		
11.45	Adults Only 18+			Adults Only 18+			
12.00							
12.15		Adults Only 18+	Adults Only 18+				
12.30					Aqua*		
12.45							
13.00	Aqua*			Aqua*			
13.15							
13.30							
13.45						General Swim	General Swim
14.00							
14.15			Aqua Babes				
14.30		General Swim		General Swim			
14.45							
15.00							
15.15							
15.30							
15.45							
16.00	General Swim				General Swim		
16.15						Aqua*	Adults Only 18+
16.30		Swimming Lessons*		Swimming Lessons*			
16.45			General Swim				
17.00						General Swim	General Swim
17.15							
17.30							
17.45							
18.00							
18.15							
18.30							
18.45		General Swim		General Swim			
19.00							
19.15	Adults Only		Adults Only			Adults Only 18+	Adults Only 18+
19.30	Aqua*	Adults Only 18+	Aqua*	Adults Only 18+			
19.45							
20.00							
20.15		Aqua*			Adults Only 18+		
20.30							
20.45				Aqua*			
21.00	Adults Only 18+		Adults Only 18+				
21.15		Adults Only 18+					
21.30							
21.45				Adults Only 18+			
22.00							

* Please note during swimming lessons and Aqua Classes the pool will be closed to other swimmers.