



	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	Indoor	Adult Only 6:30am - 9:30am				Aqua Aerobics 9:30am - 10:15am		All Welcome 10:30am - 12:00pm				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm				Lessons 4:00pm - 6:00pm		Aqua Aerobics 6:15pm - 7:00pm		Adult Only 7:00pm - 10:00pm									
	Outdoor	Lane Swimming 6:30am - 9:00am				All Welcome 9:00am - 12:00pm								Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm						Lane Swimming 7:00pm - 9:30pm									
Tuesday	Indoor	Adult Only 6:30am - 9:00am				Adult Lessons 9:00am - 10:00am		Lessons 10:00am - 11:00am		All Welcome 11:00am - 12:00pm				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm				Lessons 4:00pm - 6:30pm		Adult Only 6:30pm - 10:00pm									
	Outdoor	Lane Swimming 6:30am - 9:00am				All Welcome 9:00am - 12:00pm								Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm						Lane Swimming 7:00pm - 9:30pm									
Wednesday	Indoor	Adult Only 6:30am - 9:30am				Lessons 9:30am - 11:00am		All Welcome 11:00am - 12:00pm				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm				Lessons 4:00pm - 6:30pm		Adult Only 6:30pm - 10:00pm											
	Outdoor	Lane Swimming 6:30am - 9:00am				All Welcome 9:00am - 12:00pm								Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm						Lane Swimming 7:00pm - 9:30pm									
Thursday	Indoor	Adult Only 6:30am - 9:15am				Aqua Aerobics 9:15am - 10:00am		Lessons 10:15am - 11:15am		All Welcome 10:00am - 12:00am				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm				Lessons 4:00pm - 5:30pm		Adult Lessons 8:00pm - 9:30pm		Adult Only 6:00pm - 10:00pm							
	Outdoor	Lane Swimming 6:30am - 9:00am				All Welcome 9:00am - 12:00pm								Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm						Lane Swimming 7:00pm - 9:30pm									
Friday	Indoor	Adult Only 6:30am - 9:30am				Aqua Aerobics 9:30am - 10:15am		All Welcome 10:15am - 12:00pm				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 4:00pm				Lessons 4:00pm - 6:00pm		Adult Only 6:00pm - 10:00pm											
	Outdoor	Lane Swimming 6:30am - 9:00am				All Welcome 9:00am - 12:00pm								Adult Only (Term Time Only) 12:00pm - 2:00pm		All Welcome 2:00pm - 7:00pm						Lane Swimming 7:00pm - 9:30pm									
Saturday	Indoor	Adult Only 7:45am - 9:30am				All Welcome 9:30am - 12:00pm				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 6:00pm				Adult Only 6:00pm - 9:00pm															
	Outdoor	Lane Swimming 7:45am - 9:00am				All Welcome 9:00am - 12:00pm				Lane Swimming 12:00pm - 2:00pm		All Welcome 2:00pm - 6:00pm				Lane Swimming 6:00pm - 8:30pm															
Sunday	Indoor	Adult Only 7:45am - 9:30am				Lessons 9:30pm - 11:30pm		All Welcome 9:30pm - 12:00pm				Lane Swimming 12:00pm - 1:30pm		All Welcome 1:30pm - 6:00pm				Adult Only 6:00pm - 8:00pm													
	Outdoor	Lane Swimming 7:45am - 9:00am				All Welcome 9:00am - 12:00pm								Lane Swimming 12:00pm - 2:00pm		All Welcome 2:00pm - 6:00pm						Lane Swimming 6:00pm - 7:30pm									