




| | 6.00 | 7.00 | 8.00 | 9.00 | 10.00 | 11.00 | 12.00 | 13.00 | 14.00 | 15.00 | 16.00 | 17.00 | 18.00 | 19.00 | 20.00 | 21.00 | 22.00 |
|-----|------|------|------------|------|------------------|-------|--------------|--------------|-------|-------|------------------|-------|------------|------------|------------|------------|-------|
| Mon | | | Adult Swim | | Aqua Class | | | General Swim | | | Swimming Lessons | | | | Adult Swim | | |
| Tue | | | Adult Swim | | | | | General Swim | | | Swimming Lessons | | | Aqua Class | | Adult Swim | |
| Wed | | | Adult Swim | | Swimming Lessons | | | General Swim | | | | | | | Adult Swim | | |
| Thu | | | Adult Swim | | | | General Swim | | | | Swimming Lessons | | | Aqua Class | | Adult Swim | |
| Fri | | | Adult Swim | | Swimming Lessons | | | General Swim | | | | | | | Adult Swim | | |
| Sat | | | Adult Swim | | | | General Swim | | | | | | Adult Swim | | | | |
| Sun | | | Adult Swim | | | | General Swim | | | | | | Adult Swim | | | | |

 **General Swim** - for all members and guests including children.

 **Adult Swim** - for all members and guests over 16 years old.

 **Swimming Lessons** - Get In The Swim, partial pool closure.

 **Aqua Class** - Aqua Aerobics for everyone, all ages and all fitness levels, pool closed.