

Main Pool Timetable

	6AM 15 30 45	7 15 30 45	8 15 30 45	9 15 30 45	10 15 30 45	11 15 30 45	12 15 30 45	1 15 30 45	2 15 30 45	3 15 30 45	4 15 30 45	5 15 30 45	6 15 30 45	7 15 30 45	8 15 30 45	9 15 30 45	10	
MONDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)														LANE SWIM (6 lanes)		
		CLUB USE																
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)														LANE SWIM (6 lanes)		
		L2S CLUB USE																
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)														LANE SWIM (6 lanes)		
		DSF CLUB USE																
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)														LANE SWIM (6 lanes)		
		CLUB USE																
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)														CLUB USE		
SATURDAY	LANE SWIM (2 lanes)														CLUB USE			
SUNDAY	LANE SWIM (2 lanes)														CLUB USE			
	CLUB USE							FUN SESSION		BOOKABLE/PUBLIC SESSION	CLUB USE							

Admission policy:

Children under 8 years must be accompanied by an adult (16 years +) IN THE SAME WATER!
Parent/Child Ratios: 1 Adult : 2 Children (under 5 years) / 1 Adult : 3 Children (6 - 7 years)

PUBLIC SWIMMING CLOSED TO THE PUBLIC BOOKABLE SESSIONS

Date of print: May 2017

Training Pool Timetable

	8AM	9	10	11	12	1	2	3	4	5	6	7	8	9	10		
	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45		
MONDAY		SET UP	LEARN TO SWIM				AQUA-EROBICS	SET UP	ACTIVE HYDRO	CLEAR	SET UP	LEARN TO SWIM			CLEAR	AQUA DEEP (starts 22/5)	
TUESDAY						AQUA DEEP (starts 23/5)			SET UP	SET UP	LEARN TO SWIM	SET UP	HYDRO SPIN	SET UP	AQUA BOOT CAMP		
WEDNESDAY					L2S	SET UP	LEARN TO SWIM		SET UP	SET UP	LEARN TO SWIM		SET UP	AQUA DEEP (starts 24/5)	SET UP	HYDRO SPIN	
THURSDAY					SET UP	AQUA-EROBICS	CLEAR								CLUB USE		
FRIDAY				SET UP	AQUA-EROBICS	CLEAR						CLUB USE	SET UP	HYDRO SPIN			
SATURDAY	SET UP	LEARN TO SWIM				CLEAR											
SUNDAY		SET UP	HYDRO SPIN	CLEAR	TURTLE TOTS				FUN SESSION								

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PUBLIC SWIMMING
 CLOSED TO THE PUBLIC
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