

Main Pool Timetable

		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)																								CLUB USE												LANE SWIM (6 lanes)																										
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								L2S	CLUB USE											LANE SWIM (6 lanes)																										
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								DSF	CLUB USE											LANE SWIM (6 lanes)																										
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE												LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																									
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE																																						
SATURDAY		L2S	LANE SWIM (2 lanes)																					CLUB USE																																								
SUNDAY		CLUB USE						LANE SWIM (2 lanes)												FUN SESSION	BOOKABLE/PUBLIC SESSION																																											

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 (5 - 7 years)

PUBLIC SWIMMING CLOSED TO THE PUBLIC BOOKABLE SESSIONS

Training Pool Timetable

	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
MONDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP		ACTIVE HYDRO		CLEAR		SET UP				LEARN TO SWIM								CLEAR																					
TUESDAY	SET UP				LEARN TO SWIM				CLEAR				SET UP		HYDRO CYCLE		CLEAR		SET UP				LEARN TO SWIM				CLEAR		SET UP		HYDRO CYCLE		CLEAR																			
WEDNESDAY	SET UP				LEARN TO SWIM				SET UP				LEARN TO SWIM				SET UP		LEARN TO SWIM				CLEAR		SET UP				LEARN TO SWIM				CLEAR																			
THURSDAY	SET UP				LEARN TO SWIM				SET UP				AQUA-EROBICS		CLEAR		SET UP				LEARN TO SWIM				CLUB USE																											
FRIDAY	SET UP				HYDRO CYCLE		CLEAR		SET UP		AQUA-EROBICS		CLEAR		SET UP				LEARN TO SWIM				CLUB USE				SET UP		HYDRO CYCLE																							
SATURDAY	SET UP				LEARN TO SWIM								CLEAR		SET UP				LEARN TO SWIM																																	
SUNDAY	SET UP				HYDRO CYCLE		CLEAR		OCTO TOTS				SET UP				FUN SESSION				CLUB USE																															

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PUBLIC SWIMMING
 CLOSED TO THE PUBLIC
 BOOKABLE SESSIONS