

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 15 30 45
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	
		CLUB USE															
SATURDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)														CLUB USE	
		CLUB USE															
SUNDAY	CLUB USE	LANE SWIM (2 lanes)														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 2018

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	
TUESDAY									SET UP	LEARN TO SWIM	SET UP	HYDRO SPIN	SET UP	AQUA BOOT CAMP			
WEDNESDAY						SET UP	LEARN TO SWIM		SET UP	LEARN TO SWIM			SET UP	AQUA DEEP	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	OCTO TOTS				FUN 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)

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