## Swimming Timetable

### Main Pool

**Monday**
- 06.30 - 08.30: Laned Swim *
- 12.00 - 13.00: Laned Swim * (3 lanes)
- 12.15 - 13.00: Active Aquatic Cycle
- 15.00 - 15.55: Laned Swim *
- 15.00 - 15.55: Public Swim
- 17.00 - 18.00: Active Aquatic Cycle
- 19.15 - 20.15: Laned Swim *
- 20.15 - 21.00: Active Aqua
- 21.00 - 22.00: Laned Swim * (Flipper session in fast lane)

**Tuesday**
- 06.30 - 08.30: Laned Swim *
- 11.45 - 13.00: Over 50's Swim
- 15.00 - 15.55: Laned Swim *
- 18.30 - 19.30: Active HydroPole
- 21.00 - 22.00: Laned Swim * (3 lanes)

**Wednesday**
- 06.30 - 09.30: Laned Swim * (3 lanes from 8.20am)
- 08.30 - 09.15: Active Aquatic Cycle
- 10.30 - 11.30: Disability Public Swim
- 11.45 - 13.00: Active Aqua including Aqua Natal
- 18.30 - 19.30: Laned Swim *
- 21.00 - 22.00: Laned Swim * (3 lanes)

**Thursday**
- 06.30 - 08.30: Laned Swim *
- 12.00 - 13.00: Laned Swim *
- 15.00 - 15.55: Laned Swim *
- 17.00 - 18.30: Laned Swim *

**Friday**
- 06.30 - 08.30: Laned Swim *
- 09.00 - 09.30: Laned Swim * (3 lanes)
- 09.45 - 10.15: Laned Swim *
- 10.15 - 10.45: Public Swim
- 12.00 - 12.30: Public Swim
- 14.00 - 14.30: Inflatable Swim (H25)
- 16.45 - 17.45: Fun Swim (rafts & toys)
- 18.00 - 19.00: Laned Swim *
- 19.00 - 20.00: Laned Swim *
- 20.00 - 20.30: Laned Swim *
- 20.30 - 21.00: Laned Swim *
- 21.00 - 22.00: Laned Swim *

**Saturday**
- 11.00 - 12.00: Laned Swim *
- 12.00 - 13.00: Public Swim
- 14.15 - 16.00: Inflatable Swim (H25)
- 16.15 - 17.45: Laned Swim *

**Sunday**
- 07.30 - 09.00: Laned Swim *
- 09.00 - 10.30: Laned Swim * (3 lanes)
- 10.30 - 11.00: Public Swim
- 12.00 - 13.00: Laned Swim *
- 14.00 - 15.00: Inflatable Swim (H25)
- 15.30 - 16.30: Laned Swim *
- 16.45 - 17.45: Laned Swim *

### Teaching Pool

**Monday**
- 15.00 - 15.55: Fun Swim (U8's)
- 18.30 - 19.45: Public Swim (U8's)

**Tuesday**
- 11.45 - 13.00: Fun Swim (U8's)
- 15.00 - 15.55: Fun Swim (U8's)
- 18.30 - 19.45: Public Swim (U8's)

**Wednesday**
- 09.30 - 10.30: Fun Swim (U8's)
- 10.30 - 11.15: Disability Public Swim
- 11.45 - 13.00: Fun Swim (U8's)
- 15.00 - 15.55: Fun Swim (U8's)
- 18.30 - 19.45: Public Swim (U8's)

**Thursday**
- 15.00 - 15.55: Fun Swim (U8's)

**Friday**
- 15.00 - 15.55: Fun Swim (U8's)
- 18.30 - 19.45: Public Swim (U8's)

**Saturday**
- 11.00 - 13.00: Public Swim (U8's)
- 14.15 - 17.45: Fun Swim (U8's)

**Sunday**
- 10.00 - 13.00: Fun Swim (U8's)
- 14.00 - 17.45: Fun Swim (U8's)

### Customer Information

Children’s swimming lessons are available every day for all ages. Please speak to Customer Services for times and availability.

**KEY:**
- * Must be able to swim 50m unaided
- (U8's) Children of 7 yrs and under
- (H25) Height restrictions apply, max 1.7m and able to swim 25m on their front. Max age for inflatables 14yrs

Correct footwear is required for Active Aquatic Cycle Classes. All pool sessions include customer changing, set up and take down time.

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