				INDOC	OR POOL - Terr	n Time 6th Septembe	er to 24th Oct	tober						
		6-7am 7-8am 8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	Lane Swim			Swim	Lane Swim	Lane Swim			Swim Lessons				Lane Swim
MON	Lane 2	Lane Swim	Adult Swim Ts	Lane Swim General Swim		Lane Swim		, , , , , , , , , , , , , , , , , , ,		wim			Ts	Lane Swim
Σ	Lane 3	Lane Swim			HIIT Aqua - 11am		General Swim				General Swin		La	ne Swim
L	Lane 4									Swim Lessons				
		6-7am 7-8am 8-9am	9-10am		11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm		6-7pm	7-8pm	8-9pm
	Lane 1	Lane Swim Lane Swim		Lane Swim		Lane Swim	Beg Adult	Swim		Swim Lessons		Lane Swim		
TUES	Lane 2 Lane 3		Aqua 9am	Lane Swim General Swim 10-11am 11am-12pm		Lane Swim					Lane Swim General Swim			
	Lane 4	Lane Swim				Lane Swim		General Swim		Swim Lessons		Lane Swim		
	•	6-7am 7-8am 8-9am	9-10am			12-1pm	1-2pm	2-3pm 3-4pm		4-5pm 5-6pm 6-7pm		7-8pm 8-9pm		
	Lane 1	Lane Swim	Adult Swim Ts	Lane Swim		Lane Swim	Lane Swim			Swim Lessons		Lane Swim		
WED	Lane 2	Lane Swim		Lane Swim	Aqua 11:20am	Lane Swim			Lane S	General Swim Swim Lessons		Lane Swim Lane Swim		
>	Lane 3	Lane Swim		General Swim		Lane Swim		General Swim						
		6-7am 7-8am 8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	Lane Swim		Lane		Lane Swim	Lane Swim	L Spiii	3 4pm	Swim Lessons		0 7 pm		ne Swim
HUR.	Lane 2	Lane Swim	Adult Swim Ts*	Lane Swim	Agua 11am	Lane Swim		Lane S General Swim		Swim General Swim Swim Lessons			Lane Swim	
F	Lane 3 Lane 4	Lane Swim		General Swim	Aqua 11am	Lane Swim							La	ne Swim
		6-7am 7-8am 8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	3.2 3.4		4 Enm			7-8pm 8-9pm	
	Lane 1	Lane Swim	9-10am	10-11am 11am-12pm Lane Swim		12-1pm Staff Swim Lesson	1-2pm Lane Swim	2-3pm	3-4pm	4-5pm 5-6pm 6-7pm Swim Lessons			7-8pm 8-9pm Lane Swim	
<u> </u>	Lane 2	Lane Swim		Lane Swim General Swim		Lane Swim			Lane S	wim			Lane Swim	
E	Lane 3	Lane Swim	Aqua 9am					General Swim		General Swim		Lane Swim		
	Lane 4										Swim Lesson	S		
		6-7am 7-8am 8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	1
SAT	Lane 1 Lane 2	Lane Swim Lane Swim		Swim Lessons	Swim	Lane Swim Lane Swim	Lane Swim Lane Swim	1			Lane Swim			
	Lane 2	Lane Swim	Aqua 9am		ral Swim	Lane Swim	General Swim	Float Session		Genera				
	Lane 4	Lane Swim		Gener	al Swim	Lane Swim	General Swim			Genera	ii Swim		Lane Swim	
		6-7am 7-8am 8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	1
	Lane 1	Lane Swim		Swim Lessons		Lane Swim	Lane Swim				Lane Swim			
SGN	Lane 2 Lane 3		Lane Swim			Lane Swim	Lane Swim	Float Session		Lane Swim				
		Lane Swim												
	Lane 4	Edite SWIII		General Swim		Lane Swim	General Swim			Genera	al Swim		Lane Swim	
	Lane 4			Outdoor		n Time 6th Septe	mber to 2							
		6-7am 7-8am 8-9am	9-10am		Pool - Term		mber to 2	2-3pm	ber 3-4pm	Genera 4-Spm	5-6pm	6-7pm	Lane Swim]
No.	Lane 1		Lane Swim	Outdoor		n Time 6th Septe	mber to 2	2-3pm rim *				Lane Swim *		
MON	Lane 1 Lane 2 Lane 3			Outdoor		Time 6th Septe	mber to 2	2-3pm rim *						
MON	Lane 1 Lane 2	6-7am 7-8am 8-9am	Lane Swim Lane Swim	Outdoor	11am-12pm	12-1pm	mber to 2	2-3pm rim *	3-4pm	4-5pm	5-6pm	Lane Swim * Lane Swim *	7-8pm	
	Lane 1 Lane 2 Lane 3	6-7am 7-8am 8-9am	Lane Swim Lane Swim 9-10am	Outdoor		Time 6th Septe	mber to 2	2-3pm rim * rim *				Lane Swim * Lane Swim *	7-8pm	
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am	Lane Swim Lane Swim 9-10am Lane Swim Lane Swim	Outdoor 10-11am	11am-12pm	12-1pm	mber to 2	2-3pm rim * rim *	3-4pm 3-4pm	4-5pm	5-6pm	Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm	
TUES	Lane 1 Lane 2 Lane 3 Lane 4	6-7am 7-8am 8-9am	Lane Swim Lane Swim 9-10am Lane Swim	Outdoor 10-11am	11am-12pm	12-1pm	mber to 2. 1-2pm Lane Sw Lane Sw Lane Sw Lane Sw Lane Sw	2-3pm ** im * 2-3pm 2-3pm	3-4pm 3-4pm	4-5pm	5-6pm	Lane Swim * Lane Swim * 6-7pm Lane Swim *	7-8pm	
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am	Same Swim Lane Swim 9-10am Lane Swim General 9-10am	Outdoor 10-11am	11am-12pm	12-1pm	mber to 2. 1-2pm Lane Sw Lane Sw Lane Sw Lane Sw Lane Sw	2-3pm im * im * 2-3pm im * General 2-3pm	3-4pm 3-4pm	4-5pm	5-6pm	Lane Swim * Lane Swim * 6-7pm Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm	
TUES	Lane 1 Lane 2 Lane 3 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim	Lane Swim Lane Swim 9-10am Lane Swim Lane Swim General 9-10am Lane Swim	Outdoor 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10	12-ipm Gene	mber to 2 1-2pm Lane Sw Lane Sw al Swim 1-2pm Lane Sw Lane Sw	2-3pm im * 2-3pm im * General 2-3pm im *	3-4pm 3-4pm	4-5pm 4-5pm	5-6pm 5-6pm	Lane Swim * Lane Swim * 6-7pm Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim	
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 1 Lane 2 Lane 1 Lane 1 Lane 2	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim	Same Swim Lane Swim 9-10am Lane Swim General 9-10am	Outdoor 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10	12-1pm	mber to 2. 1-2pm Lane Sw Lane Sw Lane Sw Lane Sw Lane Sw	2-3pm im * 2-3pm im * General 2-3pm im *	3-4pm 3-4pm	4-5pm 4-5pm	5-6pm 5-6pm	Lane Swim * Lane Swim * 6-7pm Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim	
TUES	Lane 1 Lane 2 Lane 3 Lane 4 Lane 2 Lane 3 Lane 3 Lane 4 Lane 1 Lane 1 Lane 1 Lane 1 Lane 1	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am	Lane Swim Lane Swim 9-10am Lane Swim Lane Swim General 9-10am Lane Swim Lane Swim Lane Swim	Outdoor 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10 11am-12pm	12-1pm Gene 12-1pm 12-1pm Gene	mber to 2 1-2pm Lane Sw Lane Sw al Swim 1-2pm Lane Sw Lane Sw Lane Sw Lane Sw	2-3pm im * 2-3pm im * 2-3pm im * General 2-3pm im *	3-4pm 3-4pm Swim 3-4pm	4-5pm 4-5pm 4-5pm	5-6pm 5-6pm	Lane Swim * 6-7pm Lane Swim * Lane Swim * 6-7pm Lane Swim * 1-7pm Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim Lane Swim	
WED TUES	Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 1 Lane 2 Lane 1 Lane 1 Lane 2	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim Lane Swim 8-9am 8-9am 8-9am 8-9am 8-9am 8-9am	Lane Swim Lane Swim 9-10am Lane Swim Lane Swim General 9-10am Lane Swim	Outdoor 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10	12-1pm 12-1pm 12-1pm 12-1pm 12-1pm	I-2pm Lane Sw	2-3pm im * 2-3pm im * General 2-3pm im *	3-4pm 3-4pm	4-5pm 4-5pm	5-6pm 5-6pm	Lane Swim * Lane Swim * 6-7pm Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm	
WED TUES	Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 2 Lane 2 Lane 3 Lane 4 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim Lane Swim Lane Swim Lane Swim Lane Swim	Lane Swim Lane Swim 9-10am Lane Swim Lane Swim General 9-10am Lane Swim Lane Swim Lane Swim	Outdoor 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10 11am-12pm	12-1pm Gene 12-1pm 12-1pm Gene	mber to 2 1-2pm Lane Sw	2-3pm im * im * 2-3pm im * 2-3pm im * General 2-3pm im * 2-3pm im *	3-4pm 3-4pm Swim 3-4pm	4-5pm 4-5pm 4-5pm	5-6pm 5-6pm	Lane Swim * 6-7pm Lane Swim * Lane Swim * 6-7pm Lane Swim * 1-7pm Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim 7-8pm	
TUES	Lane 1 Lane 2 Lane 3 Lane 1 Lane 2 Lane 2 Lane 2 Lane 3 Lane 3 Lane 4 Lane 1 Lane 2 Lane 4 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am 6-7am 7-8am 8-9am Lane Swim Lane Swim 8-9am Lane Swim 8-9am 8-9am	Lane Swim Lane Swim Lane Swim Lane Swim General 9-10am Lane Swim Lane Swim J-10am Lane Swim Lane Swim J-10am Lane Swim	Outdoor 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10 11am-12pm	12-1pm Gene 12-1pm 12-1pm 12-1pm 12-1pm	mber to 2 1-2pm Lane Sw al Swim 1-2pm Lane Sw	2-3pm im * im * 2-3pm im * 2-3pm im * General 2-3pm im * 2-3pm im *	3-4pm 3-4pm Swim 3-4pm	4-5pm 4-5pm 4-5pm	5-6pm 5-6pm	Lane Swim * 6-7pm Lane Swim * Lane Swim * 6-7pm Lane Swim * 16-7pm Lane Swim * 10-7pm Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim Lane Swim	
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THUR WED TUES	Lane 1 Lane 2 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 3 Lane 3 Lane 3 Lane 3 Lane 4 Lane 1 Lane 3 Lane 3 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim Lane Swim Lane Swim Lane Swim Lane Swim Lane Swim	Lane Swim Lane Swim 9-10am Lane Swim General 1	Outdoor 10-11am 10-11am 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin-11:10 11am-12pm 11am-12pm	12-1pm Gene 12-1pm 12-1pm 12-1pm 12-1pm	In the second se	2-3pm im* im* 2-3pm im* General 2-3pm im* 2-3pm 2-3pm im*	3-4pm 3-4pm Swim 3-4pm	4-5pm 4-5pm 4-5pm	5-6pm 5-6pm 5-6pm	Lane Swim * Lane Swim * 6-7pm Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim 7-8pm	
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THUR WED TUES	Lane 1 Lane 2 Lane 3 Lane 3 Lane 3 Lane 3 Lane 1 Lane 2 Lane 3 Lane 4 Lane 2 Lane 3 Lane 4 Lane 2 Lane 4 Lane 2 Lane 4 Lane 2 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am Lane Swim	Lane Swim 3-10am Lane Swim Control Control Lane Swim La	Outdoor 10-11am 10-11am 10-11am 10-11am	11am-12pm 11am-12pm Hydro Spin - 11:10 11am-12pm 11am-12pm 11am-12pm 11am-12pm 11am-12pm Hydro Spin - 11:10 11:10	Gene 12-1pm 12-1pm 12-1pm 12-1pm 12-2-1pm 12-1pm 12-1pm 12-3-1pm	mber to 2 1-2pm Lane Sw	2-3pm 2-3pm	3-4pm 3-4pm 3-4pm 3-4pm 3-4pm	4-5pm 4-5pm 4-5pm 4-5pm 4-5pm	5-6pm 5-6pm 5-6pm 5-6pm	Lane Swim * G-7pm Lane Swim * G-7pm Lane Swim * G-7pm Lane Swim * Lane Swim *	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim 7-8pm	
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SAT FRI THUR WED TUES	Lane 1 Lane 2 Lane 3 Lane 3 Lane 3 Lane 2 Lane 3 Lane 4 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 3 Lane 4	6-7am 7-8am 8-9am Lane Swim 6-7am 7-8am 8-9am 6-7am 7-8am 8-9am Lane Swim S-9am 6-7am 7-8am 8-9am	Lane Swim Lane Swim 9-10am Lane Swim Lane Swi	10-11am 10-1	11am-12pm	Gene 12-1pm	mber to 2 1-2pm Lane Sw	2-3pm 2-3pm	3-4pm 3-4pm 3-4pm 3-4pm 3-4pm 3-4pm	4-5pm 4-5pm 4-5pm 4-5pm 4-5pm 4-5pm	5-6pm 5-6pm 5-6pm 5-6pm Lane	tane Swim * G-7pm Lane Swim * G-7pm Lane Swim * G-7pm Lane Swim * Lane Swim * G-7pm Lane Swim * G-7pm Lane Swim * Swim	7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim 7-8pm Lane Swim 7-8pm	
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