

INDOOR POOL - Term Time 18th - 24th October and 1st November to 12th December

		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
MON	Lane 1		Lane Swim		Adult Swim Ts	Lane Swim		Lane Swim		Swim Lessons					Adult Swim Ts	Lane Swim
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim			General Swim	HIT Aqua - 11am		Lane Swim		General Swim				Lane Swim	
	Lane 4		Lane Swim					Lane Swim	General Swim		Swim Lessons				Lane Swim	
TUES	Lane 1		Lane Swim			Lane Swim		Lane Swim		Beg Adult Swim	Swim Lessons					Lane Swim
	Lane 2		Lane Swim		Aqua 9am	Lane Swim		Lane Swim			Lane Swim				Lane Swim	
	Lane 3		Lane Swim			General Swim		Lane Swim		General Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim					Lane Swim		General Swim		Swim Lessons			Lane Swim	
WED	Lane 1		Lane Swim		Adult Swim Ts	Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim			General Swim	Aqua 11:20am		Lane Swim		General Swim				Lane Swim	
	Lane 4		Lane Swim					Lane Swim	General Swim		Swim Lessons				Lane Swim	
THUR	Lane 1		Lane Swim		Adult Swim Ts*	Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim			General Swim	Aqua 11am		Lane Swim		General Swim				Lane Swim	
	Lane 4		Lane Swim					Lane Swim	General Swim		Swim Lessons				Lane Swim	
FRI	Lane 1		Lane Swim			Lane Swim		Staff Swim Lesson		Swim Lessons					Lane Swim	
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim		Aqua 9am	Lane Swim		Lane Swim		Lane Swim		General Swim			Lane Swim	
	Lane 4		Lane Swim			General Swim		Lane Swim	General Swim		Swim Lessons				Lane Swim	
SAT	Lane 1		Lane Swim			Swim Lessons		Lane Swim	Lane Swim		Swim Lessons					Lane Swim
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim		Aqua 9am	Lane Swim		Lane Swim		Float Session	General Swim					Lane Swim
	Lane 4		Lane Swim			General Swim		Lane Swim	General Swim		General Swim					Lane Swim
SUN	Lane 1		Lane Swim			Swim Lessons		Lane Swim	Lane Swim		Swim Lessons					Lane Swim
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Swim Lessons					Lane Swim	
	Lane 3		Lane Swim			Lane Swim		Lane Swim		Float Session	General Swim					Lane Swim
	Lane 4		Lane Swim			General Swim		Lane Swim	General Swim		General Swim					Lane Swim

Outdoor Pool - Term Time 18th - 24th October and 1st November to 12th December

		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
MON	Lane 1		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 2		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 3		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 4		Lane Swim		General Swim		General Swim		General Swim		General Swim		General Swim		
TUES	Lane 1		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 2		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 3		Lane Swim		General Swim		H.S. - 11am*		General Swim		General Swim		General Swim		
	Lane 4		Lane Swim						General Swim		General Swim		General Swim		
WED	Lane 1		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 2		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 3		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 4		Lane Swim		General Swim		General Swim		General Swim		General Swim		General Swim		
THUR	Lane 1		Lane Swim		Adult Swim Ts*	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Lane 2		Lane Swim			Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Lane 3		Lane Swim			General Swim		General Swim		General Swim		General Swim		Lane Swim	
	Lane 4		Lane Swim					General Swim		General Swim		General Swim		Lane Swim	
FRI	Lane 1		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 2		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 3		Lane Swim		General Swim		H.S. - 11:10*		General Swim		General Swim		General Swim		
	Lane 4		Lane Swim						General Swim		General Swim		General Swim		
SAT	Lane 1		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 2		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 3		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 4		Lane Swim		General Swim		General Swim		General Swim		General Swim		General Swim		
SUN	Lane 1		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 2		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		
	Lane 3		Lane Swim		H.S. - 8:10am*		General Swim		General Swim		General Swim		General Swim		
	Lane 4		Lane Swim				General Swim		General Swim		General Swim		General Swim		

Hydro Spin - In adverse weather the Class will move to the Indoor Pool