	INDOOR POOL - Term Time Sunday 1st June to Sunday 6th July 2025															
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12om	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	0-7am	Adult Only	U-Suili	3-10am	10-114111	Lane Swim	zz-zpiii	2-2рш	2-3pm	3-4pm	Swim Lessons	3-opin	0-7pm	Adult Swim Ts*	Adult Only
MON	Lane 2		Adult Only		Adult Swim Ts*	Lane Swim	HIIT Agua - 10.50am	Lane Swim		Lane Swim						Adult Only
	Lane 3		•									General Swim				
	Lane 4		Adult Only			General Swim		Lane Swim		General Swim		Swim Lessons			General Swim	Adult Only
		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		Adult Only			Lane	Swim	I.				Swim Lessons			Lane Swim	Adult Only
TUES	Lane 2		Adult Only				ISam General Swim	Swim			Lan	e Swim	Lane Swim	Adult Only		
2	Lane 3		Adult Only		G. Swim	Aqua 9.45am		Lane Swim		General Swim			General Swim		General Swim	Adult Only
	Lane 4		Addit Only		G. SWIIII		General SWIM	Lane Swiiii	General Switt			Swim Lessons			General Swim	Addit Only
							•									
		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
WED	Lane 1		Adult Only				Lane Swim		Beg Adult Swim			Swim Lessons			Adylt Swim T's	Adult Only
	Lane 2		Adult Only		Adult Swim Ts	Lane Swim	ne Swim Aqua 11am		DOG AUDIC SWIIII			Lane Swim				Adult Only
	Lane 3		Adult Only					Lane Swim	General Swim				General Swim		General Swim	Adult Only
	Lane 4				General Swim							Swim Lessons				
		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		Adult Only		Lane Swim		Lane Swim			Swim Lessons					Lane Swim	Adult Only
E E	Lane 2		Adult Only					Lane Swim		General Swim		e Swim	Lane Swim	Adult Only		
Ė	Lane 3		Adult Only		Gener	eral Swim		Lane Swim				General Swim			General Swim	Adult Only
	Lane 4		· · · · · · · · · · · · · · · · · · ·							Swim Lessons						
	i	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	6-7am	Adult Only	0-34111	3-10am		Swim	12-1pm	1-2pm	z-spm		Lessons	3-opin	Staff Swim Lesson	Lane Swim	Adult Only
						Lane Swim General Swim					Swiiii		Lane Swim			Adult Only Adult Only
Œ	Lane 2 Lane 3		Adult Only		Aqua 9am			Lane Swim				General Swim				
	Lane 4		Adult Only		Aqua sum					General Swim		Swim Lessons			General Swim	Adult Only
	colle 4											II.	211 CESSONS			
		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	
	Lane 1		Adult Only			Swim I		<u> </u>				 	Lane Swim	+		
_	Lane 2		Adult Only			Lane Swim			Closed Set Inflatable Session Closed Take Lane Swim							
SAT	Lane 3			Aqua	8.45am				Up **	• Down						
	Lane 4		Adult Only				General Swim					General Swim				
									- terrenenenen	A A A A A A A A A A A A A A A A A A A	SH.					
		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	
	Lane 1		Adult Only		Swim Lessons		Lessons	ons				Lane Swim				
2	Lane 2		Adult Only						Closed Set Inflatable	Session Closed Take		Lane Swim				
NOS	Lane 3		Adult Only		General Swim										Lane Swim	

^{***} Inflatable Session - Indoor Pool, Sauna and Steam Room is closed for set up / down from 1pm to 1.30pm & 2.30pm to 3pm.

						Outdoor Poo	ol - Term Time	Sunday 1st	lune to Sunday	6th July 2025					
		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
	Lane 1		Adult Only	*		Lane Swim *									Adult Only
MON	Lane 2		Adult Only		Lane Swim *										Adult Only
ž	Lane 3 Lane 4	Adult Only			General Swim										Adult Only
	Г	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
	Lane 1		Adult Only						Lane 5	Swim *					Adult Only
23	Lane 2	Adult Only			Lane Swim *										
TUES	Lane 3	Adult Only			General Swim H.S IIam General Swim								Adult Only		
	Lane 4														
	Г	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
	Lane 1		Adult Only				· · · · · · · · · · · · · · · · · · ·		Lane 9	Swim *					Adult Only
e	Lane 2		Adult Only				·	·	Lane 9	Swim *			·		Adult Only
WED	Lane 3	Adult Only Hydro Circuit 8am		General Swim										Adult Only	
	1														
	Ī	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
	Lane 1		Adult Only	*			*		*	Lane Swim *	*	*	*		Adult Only
THUR	Lane 2	Adult Only			Adult Swim Ts Lane Swim *										Adult Only
₽	Lane 3 Lane 4	Adult Only					General Swim		Hydro Circuit			General Swim			Adult Only
		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
	Lane 1	Adult Only			Lane Swim*										Adult Only
Ē	Lane 2	Adult Only			Lane Swim*										Adult Only
-	Lane 3 Lane 4		Adult Only			General Swim Hydro Circuit General Swim									
	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	
	Lane 1		Adult Only		Lane Swim* Adult Only										
ь.	Lane 2	Adult Only					·	·	Lane Swim*				·	Adult Only	
SAT	Lane 3 Lane 4	Adult Only			General Suim Adult Only										
		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	
	Lane 1	Adult Only							Lane Swim*					Adult Only	
SUN	Lane 2	Adult Only				Lane Swim* Adult Only									
ತ	Lane 3		Adult Only	H.S 8.10am	General Swim Adult Only										