		INDOOR POOL - Non Term Time Monday 18th August- 24th August														
		6-7am 7		8-9am	9-10am	10-11am	11am-12pm	12-1pm Adult Only	1-Zpm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1		Adult Only			Lane Swim	Lane Swim			Lane Swim						Adult Only
MON	Lane 2		Adult Only		Lane Swim			Adult Only	Lane Swim							Adult Only
ž	Lane 3	Adult Only			General Swim HIIT Aqua - 10.50am			Adult Only General Swim							Adult Only	
	Lane 4							Addit Only	Adult Only 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
	Lane 1	0 74111	Adult Only	o Julii	5-10am 10-11am 11am-12pm			Adult Only	1-2pm 2-3pm 3-4pm 4-5pm 5-5pm 6-7pm 7-8pm							Adult Only
s	Lane 2		Adult Only		Lane Swim			Adult Only			Lane :	Swim				Adult Only
TUES	Lane 3															
1	Lane 4		Adult Only		Aqua 9.45am General Swim			Adult Only			Genera	l Swim				Adult Only
	,	6-7am 7		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		Adult Only Adult Only	ı	ane Swim				Lane Swim		Adult Only
WED	Lane 2		Adult Only		Adult Swim T's	Lane	Lane Swim			Lane Swim		Float Session		Lane Swim		Adult Only
>	Lane 3		Adult Only		General Swim		Adult Only		General Swim Gen						Adult Only	
	Lane 4				General Swim											
		6-7am 7														
		0-7am /		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	8-9am	9-10am	Lane Swim	11am-12pm	Adult Only	1-2pm	2-3pm	Lane :	wim	5-6pm	6-7pm	7-8pm	Adult Only
Z.	Lane 2	6-7am		8-9am	9-10am		11am-12pm		1-2pm	2-3pm		wim	5-6pm	6-7pm	7-8pm	
THUR	Lane 2 Lane 3	6-7am /	Adult Only	8-9am		Lane Swim	11am-12pm Aqua 11am	Adult Only Adult Only	1-2pm	2-3pm	Lane :	Swim Swim	5-6pm	6-7pm	7-8pm	Adult Only Adult Only
THUR	Lane 2	6-7am /	Adult Only Adult Only	8-9am		Lane Swim Lane Swim		Adult Only	1-2pm	2-3pm	Lane :	Swim Swim	5-6pm	6-7pm	7-8pm	Adult Only
THUR	Lane 2 Lane 3		Adult Only Adult Only Adult Only	8-9am 8-9am		Lane Swim Lane Swim		Adult Only Adult Only	1-2pm	2-3pm 2-3pm	Lane :	Swim Swim	5-6pm	6-7pm	7-8pm	Adult Only Adult Only
THUR	Lane 2 Lane 3		Adult Only Adult Only Adult Only 7-8am 8 Adult Only		Gen	Lane Swim Lane Swim eral Swim 10-11am Lane Swim	Aqua 11am	Adult Only Adult Only Adult Only		2-3pm	Lane : Genera 3-4pm 2 Swim	Swim Swim I Swim 4-5pm				Adult Only Adult Only Adult Only
	Lane 2 Lane 3 Lane 4		Adult Only Adult Only Adult Only 7-8am 8		Gen	Lane Swim Lane Swim neral Swim 10-11am	Aqua 11am	Adult Only Adult Only Adult Only 12-1pm		2-3pm	Lane : Cane : Genera 3-4pm	Swim Swim I Swim 4-5pm		6-7pm	7-8pm	Adult Only Adult Only Adult Only 8-9pm
FRI	Lane 2 Lane 3 Lane 4		Adult Only Adult Only Adult Only 7-8am 8 Adult Only Adult Only		9-10am	Lane Swim Lane Swim neral Swim 10-11am Lane Swim Lane Swim	Aqua 11am 11am-12pm	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only		2-3pm	Lane : Genera 3-4pm 2 Swim Lane :	Swim I Swim 4-5pm		6-7pm	7-8pm	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2		Adult Only Adult Only Adult Only 7-8am 8 Adult Only		Gen	Lane Swim Lane Swim eral Swim 10-11am Lane Swim	Aqua 11am 11am-12pm	Adult Only Adult Only Adult Only 12-1pm Adult Only		2-3pm	Lane : Genera 3-4pm 2 Swim	Swim I Swim 4-5pm		6-7pm	7-8pm	Adult Only Adult Only Adult Only 8-9pm Adult Only
	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3	6-7am 7	Adult Only Adult Only Adult Only 7-8am 8 Adult Only Adult Only Adult Only	8-9am	9-10am Aqua 9am	Lane Swim Lane Swim 10-11am Lane Swim Lane Swim Genera	Aqua 11am 11am-12pm	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only	1-2pm	Z-3pm Land	Lane : Genera 3-4pm 2 Swim Lane : Genera	Swim I Swim 4-5pm Swim	5-6pm	6-7pm Staff Swim	7-8pm Lane Swim	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4	6-7am 7	Adult Only Adult Only Adult Only 7-8am 8 Adult Only Adult Only Adult Only Adult Only 7-8am 8	8-9am 8-9am	9-10am	Lane Swim Lane Swim 10-11am Lane Swim Lane Swim Lane Swim Genera	Aqua 11am 11am-12pm al Swim 11am-12pm	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only		2-3pm	Lane : Genera 3-4pm 2 Swim Lane :	Swim Swim I Swim 4-5pm Swim Swim 4-5pm	5-6pm	6-7pm	7-8pm Lane Swim	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
Œ	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 1 Lane 1	6-7am 7	Adult Only Adult Only Adult Only 7-8am 8 Adult Only Adult Only Adult Only	8-9am 8-9am 8-9am	9-10am Aqua 9am	Lane Swim Lane Swim 10-11am Lane Swim Lane Swim Genera	Aqua 11am 11am-12pm al Swim 11am-12pm im	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only	1-2pm	2-3pm Land	Swim Lane: General 3-4pm Ceneral General 3-4pm 3-4pm	Swim Swim 4-5pm Swim 4-5pm Lane	5-6pm	6-7pm Staff Swim	7-8pm Lane Swim	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4	6-7am 7	Adult Only Adult Only Adult Only 7-8am 8 Adult Only	8-9am 8-9am y	9-10am Aqua 9am 9-10am	Lane Swim Lane Swim 10-11am Lane Swim Lane Sw	Aqua 11am 11am-12pm I 11am-12pm I 11am-12pm inin	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only	1-2pm	2-3pm Land	Swim Lane: General 3-4pm Ceneral General 3-4pm 3-4pm	Wim Wim I Swim 4-Spm Swim I Swim Lane Lane	5-6pm 5-6pm Swim	6-7pm Staff Swim	7-8pm Lane Swim 7-8pm Adult Only Adult Only	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
Œ	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	Adult Only Adult Only Adult Only 7-8am 8 Adult Only Adult Only Adult Only Adult Only 7-8am 8 Adult Only	8-9am 8-9am 8-9am	9-10am Aqua 9am 9-10am	Lane Swim Lane Swim 10-11am Lane Swim Lane Sw	Aqua 11am 11am-12pm al Swim 11am-12pm im	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only	1-2pm	2-3pm Lane 2-3pm	Swim Lane: General 3-4pm Ceneral General 3-4pm 3-4pm	Wim Wim I Swim 4-Spm Swim I Swim Lane Lane	5-6pm	6-7pm Staff Swim	7-8pm Lane Swim	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
Œ	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 1 Lane 2 Lane 3	6-7am 2	Adult Only Adult Only Adult Only 7-8am 8 Adult Only	8-9am 8-9am y y Aqua 8.45a	9-10am Aqua 9am 9-10am	Lane Swim Lane Swim IO-11am Lane Swim Lane Swim Lane Swim Lane Swim Lane Swim Lane Swim Cenera Lane Swim Lane Swim Lane Swim Lane Swim Cenera	Aqua 11am 11am-12pm al Swim 11am-12pm im im imim	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only 12-1pm	1-2pm 1-2pm Closed Set Infliatable St	2-3pm Lane 2-3pm Closed Take Closed Take	Lane Lane Lane Lane Lane Lane Lane Lane	J Swim 4-Spm 4-Spm 4-Spm Lane Gener	S-6pm S-6pm Swim al Swim	6-7pm Staff Swim	7-8pm Lane Swim 7-8pm Adult Only Adult Only	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
Œ	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4	6-7am 2	Adult Only Adult Only Adult Only 7-8am 8 Adult Only	8-9am 8-9am Y Y Aqua 8.45a	9-10am Aqua 9am 9-10am	Lane Swim Lane Swim 10-11am Lane Swim Lane Sw	Aqua 11am 11am-12pm 11am-12pm 11am-12pm inin inin inin inin itam-12pm 11am-12pm	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only	1-2pm	2-3pm Lane 2-3pm	Swim Lane: General 3-4pm Ceneral General 3-4pm 3-4pm	wim wim I Swim 4-5pm Swim I Swim I Swim Lane Gener 4-5pm 4-5pm	5-6pm 5-6pm Swim	6-7pm Staff Swim	7-8pm Lane Swim 7-8pm Adult Only Adult Only	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
SAT FRI	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 4 Lane 1 Lane 2 Lane 3 Lane 1 Lane 2 Lane 3	6-7am 2	Adult Only Adult Only Adult Only 7-Sam 8 Adult Only	8-9am 8-9am Y Y Aqua 8.45a 8-9am	9-10am Aqua 9am 9-10am	Lane Swim Lane Swim 10-11am Lane Swim Lane Swi	Aqua 11am 11am-12pm al Swim 11am-12pm in i	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only 12-1pm	1-2pm 1-2pm 1-2pm 1-2pm 1-2pm 1-2pm	2-3pm Lane 2-3pm Lane 2-3pm Closed 7ae Closed 7ae Down Down Down Down 2-3pm	Lane Lane Genera 3-4pm 3-4pm 3-4pm	Wim Wim I Swim 4-5pm 4-5pm Lane Gener 4-5pm Lane Lane Lane Lane Lane Lane Lane Lane	5-6pm 5-6pm Swim al Swim 5-6pm	6-7pm Staff Swim	7-8pm Lane Swim 7-8pm Adult Only Adult Only Adult Only 7-8pm	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only
Œ	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 1 Lane 2 Lane 3 Lane 1 Lane 1 Lane 1 Lane 4	6-7am 2	Adult Only	8-9am 8-9am y y Aqua 8.45a	9-10am Aqua 9am 9-10am	Lane Swim Lane Swim 10-11am Lane Swim Lane Swi	Aqua 11am 11am-12pm al Swim 11am-12pm im im 11am-12pm im 11am-12pm im im	Adult Only Adult Only Adult Only 12-1pm Adult Only Adult Only Adult Only Adult Only 12-1pm	1-2pm 1-2pm Closed Set Inflatable Se	2-3pm Lane 2-3pm Lane 2-3pm Closed 7ae Closed 7ae Down Down Down Down 2-3pm	Lane Lane Genera 3-4pm 3-4pm 3-4pm	4-5pm 4-5pm Lane General Lane Lane Lane	5-6pm 5-6pm Swim Swim al Swim 5-6pm Swim	6-7pm Staff Swim	7-8pm Lane Swim 7-8pm Adult Only Adult Only Adult Only Adult Only 7-8pm Adult Only	Adult Only Adult Only Adult Only 8-9pm Adult Only Adult Only

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

						OUTDOOR P	OOL - Non Term	Time Mon	day 18th Augus	t- 24th August					
		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 Lane 2		Adult	Only					Lane Swim *						Adult Only
MON	Lane 3			· ·					Lane Swim *						Adult Only Adult Only
2	Lane 4	Adult Only		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
	Lane 1		Adult				•		Lane Swim *		*				Adult Only
TUES	Lane 2		Adult	Only					Lane Swim *						Adult Only
F	Lane 3 Lane 4		Adult	Only	Gen	eral Swim	H.S 11am			Genera	al Swim				Adult Only
		6-7am	7-8am	8-9am	9-10am	10-11am	11 12	12.1	1.2	2.2	2.4	45	F. C	6.7	7-8pm
		o-/am			2-10gm	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
_	Lane 1 Lane 2		Adult	Only					Lane Swim * Lane Swim *						Adult Only Adult Only
WED	Lane 3		Adult						Lane SWIM *						Adult Only
>	Lane 4	Adul	t Only	Hydro Circuit 8am					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				<u> </u>		Lane Swi						Adult Only
THUR	Lane 2 Lane 3		Adult	· ·	Adult Swim T's				Lane Swi	im *					Adult Only
É	Lane 4		Adult	Only					General S	iwim					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
푼	Lane 2		Adult	Only					Lane Swim*						Adult Only
æ	Lane 3 Lane 4		Adult	Only	Gen	eral Swim	Hydro Circuit 11.10am			Gener	al 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	1
	Lane 1	o-/am		Adult Only	3-10am	10-114M	11aiil-12pm		ane Swim	2-3pm	3-4pm	4-3pm	3-0pm	Adult Only	
	Lane 2			Adult Only Adult Only					ane Swim ane Swim					Adult Only Adult Only	
SAT	Lane 3														1
	Lane 4			Adult Only				Ger	neral 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]
	Lane 1		,	Adult Only					ne Swim		1			Adult Only	
SUN	Lane 2			Adult Only		Lane Swim Adult Only									
s	Lane 4		Adult Only	H.S 8.10am		General Swim Adult Only									

 $[\]ensuremath{^{*}}$ Lane Swim $\ensuremath{^{-}}$ In case of overcrowding this lane swim will turn into General swim