INDOOR POOL - Term Time Monday 3rd November- 14th December 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	8-9pm
	Lane 1		Adult Only Adult Only		Adult Swim Ts*	Lane Swim		Adult Only	Lane Swim	im			Swim Lessons			Adult Swim Ts*	Adult Only	
MON	Lane 2					Lane Swim		Adult Only			Lane Swir		im				Adult Swim 15*	Adult Only
ž	Lane 3	Lane 3 Lane 4 Adult Only			General Swim	HIIT Aqua - 10.50am	Adult Only	600		neral Swim		General Swim			General Swim	Adult Only		
	Lane 4					- General Swim		Adult Only	Gen		ierai 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			Adult Only	Lane Swim		Swim Lessons			Lane Swim	Adult Only				
TUES	Lane 2	Adult Only				Lane Swim	Adult Only		Lane Swim						Lane Swim	Adult Only		
-	Lane 3				G. Swim	Aqua 9.45am	General Swim	Adult Only	Gener		neral Swim		General Swim			General Swim	Adult Only	
	Lane 4		,									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 Adult Only			Lane	Swim	Adult Only	Beg Adult Swim				Swim Lessons			Adylt Swim T's	Adult Only	
WED	Lane 2				Adult Swim Ts	Lane Swim		Adult Only		wim			Lane Swim		Adult Only			
3	Lane 3		Adult Only				Aqua 11am			Conora	General Swim		General Swin		Swim		General Swim	Adult Only
	Lane 4		Adult Only		General Swim			Adult Only		Genera				Swim Les	sons			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	0-74111	Adult Only	U-Juiii	3-20diii	Lane Swim	110m-12pm	Adult Only	Lane Swi		L-Spiii	3-4p	Swim Lesson			0-7 р	Lane Swim	Adult Only
œ	Lane 2	Adult Only		Lane Swim		Adult Only	Lane Swim						Lane Swim	Adult Only				
Ŧ	Lane 3	Addit Only		Luite SWIIII		Aqua 11am	Adult Only			eneral Swim		General Swim				Adult Only		
-		Adult Only		Genera	Swim	Aqua IIaiii	Adult Only	G G				Swim Lessons		General Swim	Adult Only			
	Lane 4	:4											Swiiii 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	T	6-7pm	7-8pm	8-9pm
	Lane 1		Adult Only			Lane Swim		Adult Only			Swim L	essons				Staff swim	Lane Swim	Adult Only
_	Lane 2		Adult Only			Lane Swim		Adult Only	Lane Swim						General Swim	Adult Only		
噩	Lane 3			Aqua 9am						General Swim			Adult Only					
	Lane 4		Adult Only			General Swim		Adult Only	General Swim			Swim Lessons 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 (Only		Swin	Lessons	·						Lane	Swim			
	Lane 2		Adult Only		Lane Swim		Lane Swim			Inflatable Closed Take			Lane Swim					
SAT	Lane 3		Adult Only		3.45am					Session ***	Down							
	Lane 4				General Swim							General Swim			Lane Swim			
	tane 4	_																
		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			Lane Swim									
z	Lane 2		Adult Only			Lane Swim				Inflatable Classification Lane Swim								
SUN									Closed Set Up Session *** Down Down									

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

				Outdoor F	Pool - Term Tir	ne Monday	3rd November	- 14th Decem	ber 2025				
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm		
	Lane 1		Adult Only			Lane Swim *							
z	Lane 2		Adult Only		Lane Swim *								
MON	Lane 3 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		
	Lane 1		Adult Only		Lane Swim *								
83	Lane 2		Adult Only		Lane Swim *								
TUES	Lane 3		Adult	Only	Conomi	I Cusion	Hydro Spin 11am		General Swim	Adult Only			
	Lane 4		Adult Only		General Swim Hydro Spin 11am General Swim						Addit Only		
		6-7am	7-8am	8-9am	9-10am	10-11am	44 42	42.4	42	22	2.6		
		6-7am			9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm Adult Only		
_	Lane 1		Adult Only		Lane Swim *								
WED	Lane 2		Adult Only Adult Only Hydro Circuit 8am		Lane Swim *								
-	Lane 3 Lane 4				General Swim								
	Laire 4												
		6-7am	7-8am	8-9am	9-10am	10-11am Lane	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm		
	Lane 1		Adult Only			Earle *					Adult Only		
ĦĞ	Lane 2		Adult Only		Adult Swim Ts Lane								
Ė	Lane 3		Adult	Only		General Swim Hydro Circuit General Sw							
	Lane 4										Adult Only		
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm		
	Lane 1		Adult Only		Lane Swim *								
Œ	Lane 2		Adult Only		Lane Swim *								
-	Lane 3		Adult Only		General Swim Hydro Circuit General Swim						Adult Only		
	Lane 4			•									
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm		
	Lane 1		Adult Only				Lane	Swim *		*	Adult Only		
-	Lane 2		Adult Only		Lane Swim *								
SAT	Lane 3		Adult	Only	General Swim								
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm Adult Only		
	Lane 1		Adult Only		Lane Swirm *								
NOS	Lane 2		Adult	Only			Lane	Swim *			Adult Only		

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