

MONDAY	7.00am - 10.00am ADULT MEMBERS	10.00am - 12.00pm MEMBERS ONLY	12.00pm - 12.45pm ADULTS ONLY	12.45pm - 1.30pm AQUA FIT	2.00pm - 4.00pm LEISURE SWIMMING	4.00pm - 6.30pm SWIMMING LESSONS	7.00pm - 9.45pm ADULT MEMBERS ONLY		
TUESDAY	7.00am - 10.00am ADULT MEMBERS	10.00am - 12noon PRE SCHOOL LESSONS	12noon - 1.00pm Adults ONLY	1.00pm - 4.00pm LEISURE SWIMMING		4.00pm - 6.30pm MEMBERS ONLY	6.45pm - 7.30pm AQUAFIT	8.00pm - 9.45pm ADULT MEMBERS ONLY	
WEDNESDAY	7.00am - 10.00am ADULT MEMBERS	10.00am - 12noon MEMBERS ONLY	12noon - 1.00pm Adults ONLY	1.00pm - 2.00pm LEISURE SWIMMING	2.00pm - 2.45pm AQUA FIT	3.15pm - 4.00pm LEISURE SWIMMING	4.00pm - 6.30pm SWIMMING LESSONS	7.00pm - 9.45pm ADULT MEMBERS ONLY	
THURSDAY	7.00am - 10.00am ADULT MEMBERS	10.00am - 12.15pm MEMBERS ONLY	12.30pm - 1.15pm AQUA FIT	1.45pm - 4.00pm LEISURE SWIMMING		4.00pm - 6.30pm SWIMMING LESSONS	7.00pm - 7.45pm ADULT MEMBERS	8.00pm - 8.45pm AQUAFIT	9.15pm - 10.00pm ADULTS ONLY
FRIDAY	7.00am - 10.00am ADULT MEMBERS ONLY	10.00am - 12noon MEMBERS ONLY	12noon - 1.00pm Adults ONLY	1.00pm - 4.00pm LEISURE SWIMMING		4.00pm - 6.30pm SWIMMING LESSONS	7.00pm - 9.45pm ADULT MEMBERS ONLY		
SATURDAY	9.00am - 12noon SWIMMING LESSONS		12.15pm - 1.00pm Adults ONLY	1.00pm - 8.00pm LEISURE SWIMMING					
SUNDAY	9.00am - 10.00am ADULT MEMBERS	10.00am - 12.00pm MEMBERS ONLY	12noon - 1.00pm Adults ONLY	1.00pm - 7.00pm LEISURE SWIMMING					