

# Monday

Main Pool		
Time	Session	No. of lanes
6.30am-8.30am	Lane Swim	3
8.30am-9.30am	CLOSED	-
9.30am-11.30am	General Swim	-
11.30am-1.30pm	Lane Swim	3
1.30pm-2.30pm	CLOSED	-
2.30pm-3.30pm	General Swim	-
4pm-6pm	Swim Lessons	-
6.30pm-7.30pm	Lane Swim	3
8pm-10pm	Swim Club	3

# Tuesday

Main Pool		
Time	Session	No. of lanes
6.30am-8.30am	Lane Swim	3
8.30am-9.30am	CLOSED	-
9.30am-11.30am	General Swim	-
11.30am-1.30pm	Lane Swim	3
1.30pm-2.30pm	CLOSED	-
2.30pm-3.30pm	General Swim	3
4pm-6pm	Swim Lessons	-
6.30pm-7.30pm	Women & Girls	-
8pm-10pm	Swim Club	3

# Wednesday

Main Pool		
Time	Session	No. of lanes
6.30am-8.30am	Lane Swim	3
8.30am-9.30am	CLOSED	-
9.30am-11.30am	General Swim	-
11.30am-1.30pm	Lane Swim	3
1.30pm-2.30pm	CLOSED	-
2.30pm-3.30pm	General Swim	-
4pm-6pm	Swim Lessons	-
6.30pm-7.30pm	Lane Swim	3
8pm-10pm	Swim Club	3

# Thursday

Main Pool		
Time	Session	No. of lanes
6.30am-8.30am	Lane Swim	3
8.30am-9.30am	CLOSED	-
9.30am-11.30am	General Swim	-
11.30am-1.30pm	Lane Swim	3
1.30pm-2.30pm	CLOSED	-
2.30pm-3.30pm	General Swim	-
4pm-6pm	Swim Lessons	-
6.30pm-7.30pm	Lane Swim	3
8pm-10pm	Swim Club	3

# Friday

Main Pool		
Time	Session	No. of lanes
6.30am-8.30am	Lane Swim	3
8.30am-9.30am	CLOSED	-
9.30am-11.30am	General Swim	-
11.30am-1.30pm	Lane Swim	3
1.30pm-2.30pm	CLOSED	-
2.30pm-3.30pm	General Swim	-
4pm-6pm	Swim Lessons	-
6.30pm-7.30pm	Lane Swim	3
8pm-10pm	Swim Club	3

# Saturday

Main Pool		
Time	Session	No. of lanes
9am-10am	Women & Girls	-
10am-11am	Lane Swim	3
11am-2pm	General Swim	-

# Sunday

Main Pool		
Time	Session	No. of lanes
8am-10am	Swim Lessons	-
10am-11am	Lane Swim	3
11am-12pm	General Swim	-
12.30am-3pm	Swim Club	3