

### WEEK 1 - 21 - 27 DECEMBER

MONDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Family Swim
10.45am - 11.30am Leisure Pool	Lane Swim
10.45am - 11.30am Leisure Pool	Family Swim
11.00am - 11.45am Training Pool	Aqua Fit
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
3.45pm - 4.30pm Leisure Pool	Lane Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Family Swim
6.45pm - 7.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Family Swim
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.45pm - 9.15pm Leisure Pool	Lane Swim

TUESDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Family Swim
10.45am - 11.30am Leisure Pool	Lane Swim
10.45am - 11.30am Leisure Pool	Family Swim
11.00am - 11.45am Training Pool	Aqua Fit
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
3.45pm - 4.30pm Leisure Pool	Lane Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Family Swim
6.45pm - 7.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Family Swim
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.45pm - 9.15pm Leisure Pool	Lane Swim

WEDNESDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Family Swim
10.45am - 11.30am Leisure Pool	Lane Swim
10.45am - 11.30am Leisure Pool	Family Swim
10.45am - 11.30am Training Pool	Aqua Fit
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
3.45pm - 4.30pm Leisure Pool	Lane Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Family Swim
6.15pm - 7.00pm Training Pool	Aqua Fit
6.45pm - 7.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Family Swim
7.15pm - 7.45pm Training Pool	FloatFit HIIT®
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.00pm - 8.30pm Training Pool	FloatFit Balance®
8.45pm - 9.15pm Leisure Pool	Lane Swim

THURSDAY	
CLOSED	

FRIDAY	
CLOSED	

SATURDAY	
CLOSED	

SUNDAY	
CLOSED	

### WEEK 2 - 28 DECEMBER - 3 JANUARY

MONDAY	
CLOSED	

TUESDAY	
9.00am - 9.45am Leisure Pool	Lane Swim
10.00am - 10.45am Leisure Pool	Lane Swim
10.00am - 10.45am Leisure & Training Pool	Family Swim*
11.00am - 11.45am Leisure Pool	Lane Swim
11.00am - 11.45am Leisure & Training Pool	Family Swim*
12.00pm - 12.45pm Leisure Pool	Lane Swim
12.00pm - 12.45pm Leisure & Training Pool	Family Swim*
1.00pm - 1.45pm Leisure Pool	Lane Swim
1.00pm - 1.45pm Leisure & Training Pool	Family Swim*
2.00pm - 2.45pm Leisure Pool	Lane Swim
2.00pm - 2.45pm Leisure & Training Pool	Family Swim*
3.00pm - 3.45pm Leisure Pool	Lane Swim
3.00pm - 3.45pm Leisure & Training Pool	Family Swim*
4.00pm - 4.45pm Leisure Pool	Lane Swim
4.00pm - 4.45pm Leisure & Training Pool	Family Swim*
5.00pm - 5.45pm Leisure Pool	Lane Swim
5.00pm - 5.45pm Leisure & Training Pool	Family Swim*
6.00pm - 6.45pm Leisure Pool	Lane Swim
6.00pm - 6.45pm Leisure & Training Pool	Family Swim*

WEDNESDAY	
9.00am - 9.45am Leisure Pool	Lane Swim
10.00am - 10.45am Leisure Pool	Lane Swim
10.00am - 10.45am Leisure & Training Pool	Family Swim*
11.00am - 11.45am Leisure Pool	Lane Swim
11.00am - 11.45am Leisure & Training Pool	Family Swim*
12.00pm - 12.45pm Leisure Pool	Lane Swim
12.00pm - 12.45pm Leisure & Training Pool	Family Swim*
1.00pm - 1.45pm Leisure Pool	Lane Swim
1.00pm - 1.45pm Leisure & Training Pool	Family Swim*
2.00pm - 2.45pm Leisure Pool	Lane Swim
2.00pm - 2.45pm Leisure & Training Pool	Family Swim*
3.00pm - 3.45pm Leisure Pool	Lane Swim
3.00pm - 3.45pm Leisure & Training Pool	Family Swim*
4.00pm - 4.45pm Leisure Pool	Lane Swim
4.00pm - 4.45pm Leisure & Training Pool	Family Swim*
5.00pm - 5.45pm Leisure Pool	Lane Swim
5.00pm - 5.45pm Leisure & Training Pool	Family Swim*
6.00pm - 6.45pm Leisure Pool	Lane Swim
6.00pm - 6.45pm Leisure & Training Pool	Family Swim*

THURSDAY	
CLOSED	

FRIDAY	
CLOSED	

SATURDAY	
8.15am - 9.00am Leisure Pool	Lane Swim
9.15am - 10.00am Leisure Pool	Lane Swim
10.15am - 11.00am Leisure Pool	Lane Swim
10.15am - 11.00am Leisure Pool	Family Swim
11.15am - 12.00pm Leisure Pool	Lane Swim
11.15am - 12.00pm Leisure Pool	Family Swim
12.15pm - 1.00pm Leisure Pool	Lane Swim
12.15pm - 1.00pm Leisure Pool	Family Swim
1.15pm - 2.00pm Leisure Pool	Lane Swim
1.15pm - 2.00pm Leisure Pool	Family Swim
2.15pm - 3.00pm Leisure Pool	Lane Swim
3.15pm - 3.45pm Leisure Pool	Lane Swim

SUNDAY	
8.15am - 9.00am Leisure Pool	Lane Swim
9.15am - 10.00am Leisure Pool	Lane Swim
10.15am - 11.00am Leisure Pool	Lane Swim
10.15am - 11.00am Leisure Pool	Family Swim
11.15am - 12.00pm Leisure Pool	Lane Swim
11.15am - 12.00pm Leisure Pool	Family Swim
12.15pm - 1.00pm Leisure Pool	Lane Swim
12.15pm - 1.00pm Leisure Pool	Family Swim
1.15pm - 2.00pm Leisure Pool	Lane Swim
2.15pm - 3.00pm Leisure Pool	Lane Swim
3.15pm - 3.45pm Leisure Pool	Lane Swim

\*Family Swim - Leisure pool up to 6 per group, Training pool up to 3 per group

• Pool admissions policy applies to all sessions

**PRE-BOOKING IS REQUIRED FOR ALL SESSIONS**

**We've changed the way you visit our centres!**  
Be sure to check our website before you leave home to make sure you've got the most up to date information about our centres, how we are making our centres safe for customers and your new brio journey.  
[brisleisure.org/welcomeback](http://brisleisure.org/welcomeback)