

MONDAY	
6.30am - 8.30am	Lane Swim
12.30pm - 1.15pm	Lane Swim
8.00pm - 9.30pm	Lane Swim

TUESDAY	
6.30am - 8.30am	Lane Swim
12.30pm - 1.15pm	Lane Swim
7.00pm - 8.00pm	Aqua Fit
8.00pm - 9.30pm	Lane Swim

WEDNESDAY	
6.30am - 8.30am	Lane Swim
12.30pm - 1.15pm	Lane Swim
8.00pm - 9.30pm	Lane Swim

THURSDAY	
6.30am - 8.30am	Lane Swim
12.30pm - 1.15pm	Lane Swim
8.00pm - 9.30pm	Lane Swim

FRIDAY	
6.30am - 8.30am	Lane Swim
12.30pm - 1.15pm	Lane Swim
8.00pm - 9.30pm	Lane Swim

SATURDAY	
2.00pm - 3.30pm	Family Swim
3.45pm - 4.45pm	Casual Swim

SUNDAY	
8.00am - 10.00am	Lane Swim
10.00am - 12.00pm	Casual Swim
12.00pm - 1.30pm	Lane Swim
1.30pm - 3.00pm	Family Swim
3.00pm - 4.15pm	Casual Swim



- Pool admissions policy applies to all sessions

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.