

| MONDAY | |
|---------------------------------------|---------------|
| 6.30am - 9.00am Main Pool | Lane Swim |
| 9.00am - 10.00am Main & Small Pool | Casual Swim |
| 10.00am - 11.00am Main Pool | Aqua Fit |
| 10.00am - 11.30am Small Pool | U5's Fun Swim |
| 11.00am - 1.00pm Main Pool | Lane Swim |
| 3.00pm - 3.30pm Small Pool | Casual Swim |
| 3.00pm - 4.00pm Main Pool | Casual Swim |
| 9.15pm - 10.00pm Main Pool | Lane Swim |

| TUESDAY | |
|--------------------------------------|------------------|
| 6.30am - 10.00am Main Pool | Lane Swim |
| 10.00am - 11.15am Main Pool | Ladies Only Swim |
| 10.00am - 12.00pm Small Pool | Casual Swim |
| 11.15am - 12.00pm Main Pool | Aqua Fit |
| 12.00pm - 1.00pm Main Pool | Lane Swim |
| 12.00pm - 1.00pm Small Pool | U5's Fun Swim |
| 3.00pm - 4.00pm Main & Small Pool | Casual Swim |
| 6.30pm - 9.00pm Main Pool | Casual Swim |
| 7.00pm - 7.45pm Small Pool | Aqua Jog |
| 7.45pm - 8.15pm Small Pool | Aqua HIIT |
| 9.00pm - 10.00pm Main Pool | Lane Swim |

| WEDNESDAY | |
|--------------------------------------|---------------|
| 6.30am - 9.00am Main Pool | Lane Swim |
| 9.00am - 10.00am Main Pool | Casual Swim |
| 10.00am - 11.00am Main Pool | Aqua Fit |
| 11.00am - 11.45am Small Pool | Casual Swim |
| 11.00am - 12.00pm Main Pool | Casual Swim |
| 12.00pm - 1.30pm Main Pool | Lane Swim |
| 12.00pm - 1.30pm Small Pool | U5's Fun Swim |
| 3.00pm - 4.00pm Main & Small Pool | Casual Swim |
| 4.00pm - 6.00pm Main Pool | Casual Swim |
| 7.15pm - 9.15pm Main Pool | Casual Swim |
| 9.15pm - 10.00pm Main Pool | Lane Swim |

| THURSDAY | |
|--------------------------------------|---------------|
| 6.30am - 9.15am Main Pool | Lane Swim |
| 9.00am - 10.00am Small Pool | Casual Swim |
| 9.15am - 10.00am Main Pool | Aqua Fit |
| 10.00am - 11.00am Small Pool | Aqua Natal |
| 10.00am - 12.00pm Main Pool | Casual Swim |
| 11.00am - 12.00pm Small Pool | Casual Swim |
| 12.00pm - 1.30pm Main Pool | Lane Swim |
| 12.00pm - 1.30pm Small Pool | U5's Fun Swim |
| 3.00pm - 4.30pm Main & Small Pool | Casual Swim |
| 4.30pm - 6.00pm Main Pool | Casual Swim |
| 6.00pm - 7.00pm Small Pool | Casual Swim |
| 6.00pm - 7.30pm Main Pool | Casual Swim |
| 6.30pm - 7.30pm Main Pool | Masters |
| 7.00pm - 7.30pm Small Pool | Aqua HIIT |
| 7.30pm - 8.15pm Small Pool | Aqua Jog |
| 7.30pm - 9.00pm Main Pool | Casual Swim |
| 9.00pm - 10.00pm Main Pool | Lane Swim |

| FRIDAY | |
|--------------------------------------|---------------|
| 6.30am - 9.00am Main Pool | Lane Swim |
| 9.00am - 10.00am Main Pool | Aqua Fit |
| 10.00am - 12.00pm Main Pool | Casual Swim |
| 11.00am - 12.00pm Small Pool | Casual Swim |
| 12.00pm - 1.30pm Main Pool | Lane Swim |
| 12.00pm - 1.30pm Small Pool | U5's Fun Swim |
| 3.00pm - 4.30pm Main & Small Pool | Casual Swim |
| 4.30pm - 6.00pm Main & Small Pool | Casual Swim |
| 6.00pm - 8.00pm Small Pool | Casual Swim |
| 8.00pm - 10.00pm Main Pool | Lane Swim |

| SATURDAY | |
|---------------------------------------|-------------------------|
| 8.00am - 9.30am Main Pool | Lane Swim |
| 12.30pm - 1.15pm Main & Small Pool | Casual Swim |
| 1.30pm - 2.30pm Main & Small Pool | Wet 'n' Wild |
| 3.00pm - 4.00pm Main & Small Pool | Wet 'n' Wild |
| 4.00pm - 7.00pm Main Pool | Pool available for hire |

| SUNDAY | |
|--|-----------------|
| 8.00am - 9.30am Main Pool | Lane Swim |
| 8.30am - 9.30am Small Pool | U8's Fun Swim |
| 9.30am - 11.00am Main & Small Pool | Casual Swim |
| 11.00am - 12.30pm Main & Small Pool | Casual Swim |
| 12.30pm - 2.00pm Main & Small Pool | Casual Swim |
| 2.00pm - 3.00pm Main & Small Pool | Disability Swim |
| 3.00pm - 4.00pm Main & Small Pool | Wet 'n' Wild |

| Flume opening times | |
|-------------------------------|------------------|
| Open subject to session times | |
| Tuesday | 6.30pm - 9.00pm |
| Wednesday | 3.30pm - 6.00pm |
| Thursday | 3.30pm - 7.30pm |
| Friday | 4.00pm - 6.00pm |
| Saturday | 12.30pm - 4.00pm |
| Sunday | 9.30pm - 4.00pm |

**LAST
MINUTE
LANES
50% OFF
MONDAY - FRIDAY
9.30pm - 10.00pm**

POOL & FUEL & GRAB A BITE TO EAT
AFTER YOUR SWIM
8am - 6.30pm WEEKDAYS
9am - 4pm WEEKENDS
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T&Cs Apply