

# TERM TIME CLASSES & ACTIVITIES

During General Swimming times, 1 lane may be closed off for private tuition. The schedule is subject to change. Please speak to a member of the team for more details on any of the classes and activities - charges apply. The Sauna and Steam Room are open to over 18s only and are closed every Tuesday until 10am for essential maintenance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8am	Adult only swimming		Adult only swimming		Adult only swimming		Adult only swimming & 1 to 1 Lessons	
9am	Adult only swimming		Adult only swimming		Adult only swimming		Adult only swimming & 1 to 1 Lessons	
10am	Aqua Fit	General Swimming		Aqua Fit	General Swimming		Junior Swim School	General Swimming
11am	Baby & Toddler	General Swimming		Baby & Toddler	General Swimming		General Swimming	General Swimming
12pm	General Swimming		General Swimming		Pre-school Lessons	Pre-school Lessons	General Swimming	General Swimming
1pm	General Swimming		General Swimming		General Swimming		Family Fun Sessions	Family Fun Sessions
2pm	General Swimming		General Swimming		Pre-school Lessons	General Swimming		General Swimming
3pm	General Swimming		General Swimming		General Swimming		General Swimming	
4pm	Junior Swim School	Junior Swim School	Junior Activity Classes	Junior Swim School	Junior Swim School	General Swimming		General Swimming
5pm	Junior Swim School	Junior Swim School	Junior Activity Classes	Junior Swim School	Junior Swim School	General Swimming		General Swimming
6pm	Rookie Lifeguard	General Swimming		General Swimming		General Swimming		General Swimming
7pm	Aqua Fit (Mar to Oct)	Adult only swimming	Activity Classes - ask for more details		Adult only swimming	Closed		Closed
8pm	Closed		Activity Classes - ask for more details		Closed		Closed	

# SCHOOL HOLIDAYS CLASSES & ACTIVITIES

During General Swimming times, 1 lane may be closed off for private tuition. The schedule is subject to change. Please speak to a member of the team for more details on any of the classes and activities - charges apply. The Sauna and Steam Room are open to over 18s only and are closed every Tuesday until 10am for essential maintenance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming & 1 to 1 Lessons
9am	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming	Adult only swimming & 1 to 1 Lessons
10am	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
11am	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
12pm	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
1pm	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions
2pm	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions	Family Fun Sessions
3pm	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
4pm	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
5pm	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
6pm	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming	General Swimming
7pm	Aqua Fit (Mar to Oct) Adult only swimming	Closed	Activity Classes - ask for more details	Activity Classes - ask for more details	Adult only swimming	Closed	Closed
8pm	Closed	Closed	Activity Classes - ask for more details	Activity Classes - ask for more details	Closed	Closed	Closed