



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6.30am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed	6.30am			
7.00am	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming			7.00am			
7.30am								7.30am			
8.00am						Lessons 8.30am-1.30pm	Lane Swimming	Lessons 8.30am-1.30pm	Lessons 8.30am-1.30pm	Lane Swimming	Lane Swimming
8.30am	8.30am										
9.00am	Open Swim	Open Swim	Open Swim	Open Swim	9.00am						
9.30am					9.30am						
10.00am					10.00am						
10.30am					10.30am						
11.00am					11.00am						
11.30am	Lane Swimming	Aqua Aerobics 11.00-11.45am	Lane Swimming	Aqua Aerobics 11.00-11.45am	Lane Swimming	Lane Swimming Lessons 9.00am-5.00pm	Lane Swimming	11.30am			
12.00pm	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	12.00pm						
12.30pm					12.30pm						
1.00pm					Lessons 1.30-6.30pm			Lessons 1.30-6.30pm	Lessons 1.30-6.30pm	Lessons 1.30-6.30pm	Open Swim
1.30pm	1.30pm										
2.00pm	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	2.00pm				
2.30pm					2.30pm						
3.00pm					Aqua Aerobics 3.00-3.45pm		Open Swim	Open Swim	Open Swim	3.00pm	
3.30pm										3.30pm	
4.00pm										4.00pm	
4.30pm	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Open Swim	Open Swim	4.30pm			
5.00pm								5.00pm			
5.30pm								5.30pm			
6.00pm	Swim Training 7.00-8.00pm		Swim Training 7.00-8.00pm		Open Swim			Open Swim	Open Swim	6.00pm	
6.30pm										6.30pm	
7.00pm		7.00pm									
7.30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed	7.30pm			
8.00pm								8.00pm			
8.30pm								8.30pm			
9.00pm								9.00pm			
9.30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed	9.30pm			
10.00pm								10.00pm			