

Main Pool	6.30am to 9am	9am to 10am	10am to 11am	11am to 12pm	12pm to 1pm	1pm to 2pm	2pm to 3pm	3pm to 4pm	4pm to 5pm	5pm to 6pm	6pm to 7pm	7pm to 8pm	8pm to 9pm	9pm to 9.45pm
Monday	Adults only		2 Lanes Open Schools	Public Swim		2 Lanes Open Schools	2 Lanes Open Schools			3 Lanes Open Swim Club		2 Lanes Open Aqua	Adults only	
Tuesday	Closed		2 Lanes Open Schools	2 Lanes Open Aqua		Public Swim			One Lane Open Swimming Lessons 3.00pm-6.00pm		Public Swim		3 Lanes Open Tri Club	Adults only
Wednesday	Adults only		2 Lanes Open Schools	Two Lanes Open Aqua	Schools				One Lane Open Swimming Lessons	Swim Club	Public Swim	3 Lanes Open Tri Club	Adults only	
Thursday	Closed		2 Lanes Open Schools	2 Lanes Open Schools	2 Lanes Open Schools	2 Lanes Open Schools			One Lane Open Swimming Lessons 3.00pm-6.00pm			3 Lanes Open Adult Swim Lessons	Adults only	
Friday	Adults only		2 Lanes Open Schools	2 Lanes Open Aqua	Schools		Public Swim		2 Lanes Open Swim Club	Public Swim			Closed	
Saturday	Closed		1 Lane Open	1 Lane Open		Public Swim	Public Swim	Public Swim	Public Swim		Closed		Closed	
Sunday	Closed		Public Swim	Public Swim		Public Swim	Public Swim	Public Swim	Public Swim		Closed		Closed	

Learner Pool	9am to 10am	10am to 11am	11am to 12pm	12pm to 1pm	1pm to 2pm	2pm to 3pm	3pm to 4pm	4pm to 5pm	5pm to 6pm	6pm to 7pm	7pm to 8pm
Monday		Schools	Public Swim		Schools		Public Swim		Public Swim		
Tuesday		Schools	Public Swim				Closed for Lessons 2.30pm to 5.45pm		Public Swim		
Wednesday	Parent & Toddler	Schools	Public Swim	Schools			Closed for Lessons 3.00pm to 4.45pm		Public Swim		
Thursday			Schools		Schools		Closed for Lessons 2.30pm to 5.45pm		Public Swim		
Friday		Schools	Public Swim	Schools		Public Swim		Public Swim			
Saturday			Closed for Swimming Lessons 9.00am to 2.00pm				Public Swim			Closed	
Sunday	Public Swim	Public Swim	Public Swim		Public Swim				Closed		

- Swim hats must be worn at all times and are available for sale from reception.
- Child 10yrs and under must be accompanied by an adult in the water.
- During Aqua and Lessons in the main pool there will be one lane open for adults.
- Untrained infants must wear a swim nappy.
- All patrons are requested to take a shower before entering the pool.
- No running, diving, jumping etc allowed.
- This is a temporary timetable and is subject to change.
- Swimming pool and health suite area must be vacated 15 minutes before closing

**NOTE:**  
Last admission is 60 minutes prior to closing.  
One lane Open is for Adult Lane-swimmers.

<b>Mon</b>	9.15am	Indoor BOOT CAMP with Ross (45mins)
	3.00pm	Studio Hire
	6.00pm	Spinning 20/20 Tone with Marc - 6 weeks COURSE or PAYG (45mins) information at reception
	7.00pm	Upper Body Tone and Shape / Weights with Margo (45mins)
	7.45pm	Basic Step with Margo (45mins)
	7.30pm	Aqua with Becky (45mins)
	8.30pm	Private Hire
<b>Tue</b>	10.30am	Private Hire
	11.00am	Aqua with Becky (55mins)
	6.00pm	Spinning with Marc (45mins)
	7.00pm	ZUMBA with Margo (course & PAYG 45 mins)
	7.45pm	PILATES with Margo (course & PAYG 45 mins)
	8.30pm	Private Hire
<b>Wed</b>	9.15am	Kettlebells & ABS with Sean (45mins)
	11.00am	Aqua with Andrea (55 mins)
	5.30pm	KRAV MAGA for teenagers (course & PAYG)
	6.30pm	Functional Step with Margo (60 mins)
	7.30pm	Spin & ABS with Becky (45mins)
	8.15pm	Circuit Training Katelynn (45mins)
<b>Thur</b>	9.15am	Pure Strength & Conditioning on Astro with Ross (60mins)
	10.30am	Yoga (PAYG only) course
	6.15pm	Spinning with Sean (45mins)
	7.00pm	Yoga (PAYG only) course
	8.00pm	Private Hire
<b>Fri</b>	6.30am	Wake up Spin with Sean (30mins)
	11.00am	Aqua with Andrea (55mins)
	6.00pm	Spinning (50mins)
	6.55pm	Studio Hire
<b>Sat</b>	9.30am	Spinning (45mins)
	11.30am	KRAV MAGA for teenagers (course & PAYG)
<b>Sun</b>	10-11am	Private Hire

# MID TERM KIDS CAMP



## THE FUN DOESN'T STOP!

Pre booking for classes can be made 1 week in advance – cancellation fee may occur.

Late arrival for classes may result in non admittance.

Studio Available for Hire for business meetings etc.

Please contact Reception for further details.