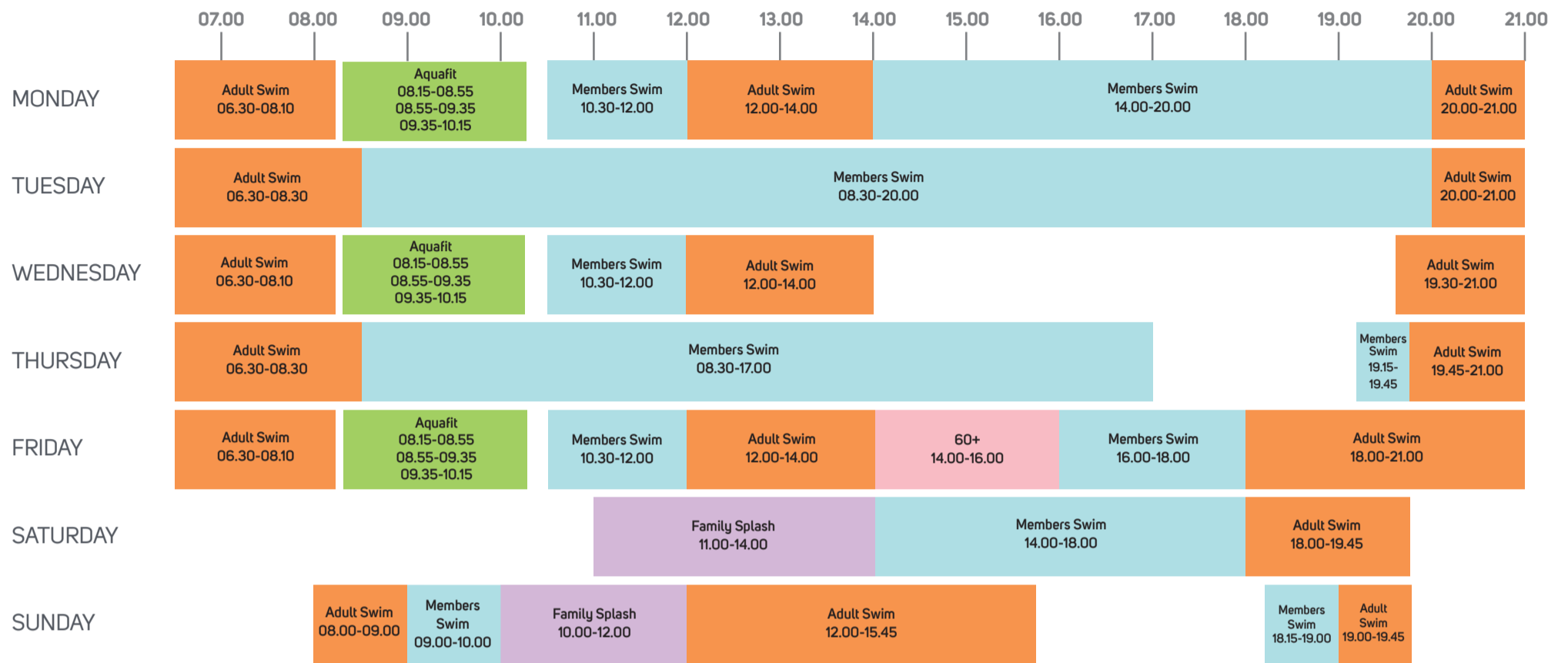


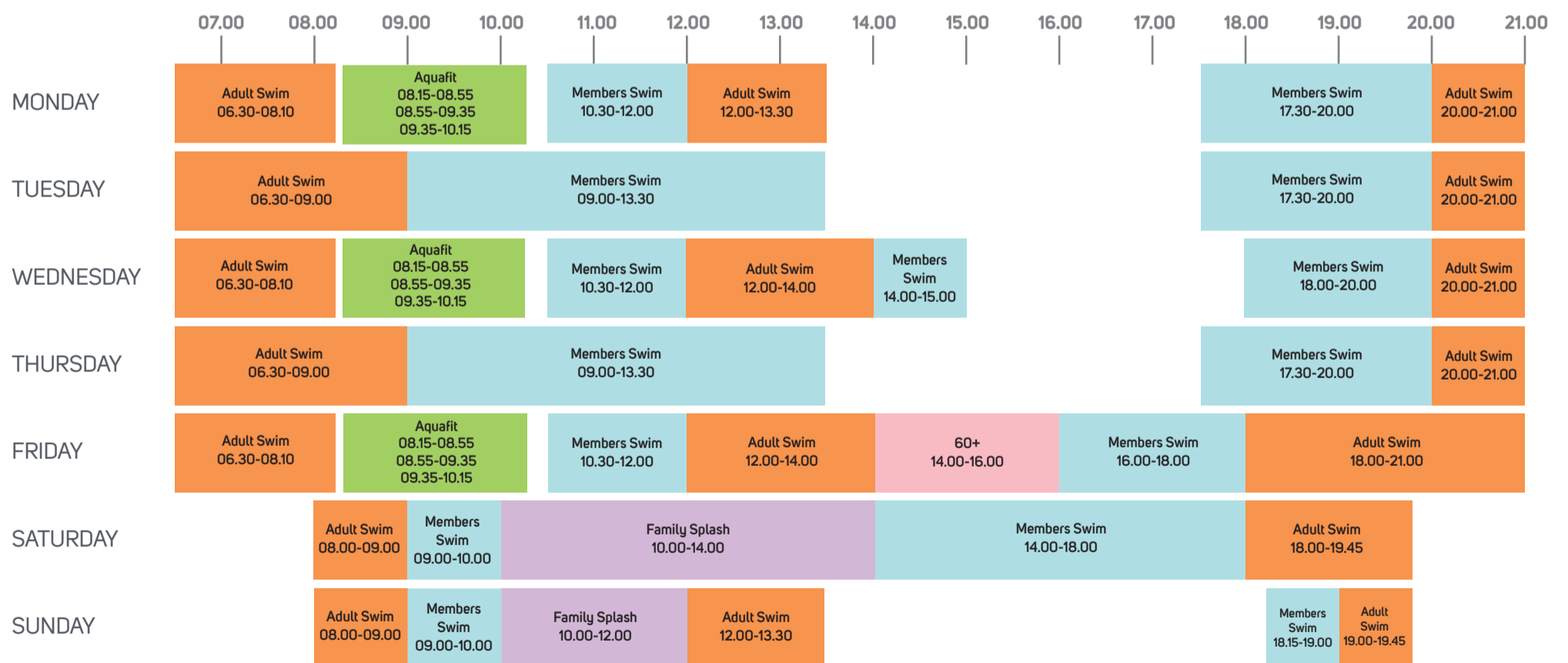


SWIMMING TIMETABLE

MONDAY 1 JULY- SUNDAY 14 JULY 2024



MONDAY 15 JULY- SUNDAY 21 JULY 2024



Sauna and Steam Room fully open for use except during Aquafit

Adult Swim - Age 18+: Adults lane swimming x 4 lanes

Members Swim: Lengths swimming suitable for all x 2 lanes plus half open pool

Family Splash: All ages - swimming with large floats

60+: 60 years of age and over only

Children under 8 must be accompanied by a responsible adult or parent on a 2:1 ratio



SWIMMING TIMETABLE

MONDAY 22 JULY- SUNDAY 28 JULY 2024

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00
MONDAY	Adult Swim 06.30-08.10		Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-12.00		Adult Swim 12.00-14.00		Family Splash 14.00-16.00		Members Swim 16.00-20.00			Adult Swim 20.00-21.00
TUESDAY	Adult Swim 06.30-09.00						Members Swim 12.00-13.30					Members Swim 17.30-20.00		Adult Swim 20.00-21.00
WEDNESDAY	Adult Swim 06.30-08.10		Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-12.00		Adult Swim 12.00-14.00		Family Splash 14.00-15.00			Members Swim 18.00-20.00		Adult Swim 20.00-21.00
THURSDAY	Adult Swim 06.30-09.00						Members Swim 12.00-14.00		Family Splash 14.00-16.00		Members Swim 16.00-20.00			Adult Swim 20.00-21.00
FRIDAY	Adult Swim 06.30-08.10		Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-12.00		Adult Swim 12.00-14.00		60+ 14.00-16.00		Members Swim 16.00-18.00		Adult Swim 18.00-21.00	
SATURDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00		Family Splash 10.00-14.00				Members Swim 14.00-18.00				Adult Swim 18.00-19.45	
SUNDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00		Family Splash 10.00-12.00		Adult Swim 12.00-13.30					Members Swim 18.15-19.00		Adult Swim 19.00-19.45

MONDAY 29 JULY- SUNDAY 4 AUGUST 2024

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
MONDAY	Adult Swim 06.30-08.10		Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-12.00		Adult Swim 12.00-13.30					Members Swim 17.30-20.00		Adult Swim 20.00-21.00	
TUESDAY	Adult Swim 06.30-09.00						Members Swim 12.00-13.30					Members Swim 17.30-20.00		Adult Swim 20.00-21.00	
WEDNESDAY	Adult Swim 06.30-08.10		Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-12.00		Adult Swim 12.00-15.00					Members Swim 18.00-20.00		Adult Swim 20.00-21.00	
THURSDAY	Adult Swim 06.30-09.00						Members Swim 12.00-13.30					Members Swim 17.30-20.00		Adult Swim 20.00-21.00	
FRIDAY	Adult Swim 06.30-08.10		Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-12.00		Adult Swim 12.00-14.00		60+ 14.00-16.30		Family Splash 16.30-18.00	Members Swim 18.00-20.00		Adult Swim 20.00-21.00	
SATURDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00		Family Splash 10.00-14.00				Members Swim 14.00-18.00				Adult Swim 18.00-19.45		
SUNDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00		Family Splash 10.00-12.00		Adult Swim 12.00-13.30					Members Swim 18.15-19.00		Adult Swim 19.00-19.45	

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