

Monday

- General Swim 07:00 - 08:30
- Mandy's Movers 11:00 - 12:00
- General Swim 12:00 - 13:00
- Adults Only 21:00 - 22:00

Tuesday

- General Swim 07:00 - 08:30
- 50+ Swim 09:00 - 10:00
- Nifty Fifty 10:00 - 11:00
Nifty Fifty is not included in membership
- Timid Swim 11:00 - 12:00
Suitable for weaker swimmers or beginners
- General Swim 12:00 - 13:00
- General Swim 16:30 - 17:30
- Adults Only 20:30 - 22:00

Wednesday

- General Swim 07:00 - 08:30
- General Swim 12:00 - 13:00
- General Swim/Float Fun 16:30 - 18:00
- Adults Only 21:00 - 22:00

Thursday

- General Swim 07:00 - 08:30
- General Swim 07:00 - 08:30
- Mandy's Water Circuits 11:00 - 12:00

- General Swim 12:00 - 13:00
- Adults Only 20:30 - 22:00

Friday

- General Swim 07:00 - 08:30
- Ladies Only 09:00 - 10:00
- Aquafit 10:00 - 10:45
This class is not included in membership
- Parent & Child Swim 11:00 - 12:00
This class is not included in membership
- General Swim 12:00 - 13:00

Saturday

- Available for hire 12:30 - 13:15
- Float Fun 13:30 - 14:30
- General Swim 14:30 - 15:30
- Adults Only 15:30 - 16:30

Sunday

- General Swim 08:30 - 13:00
- Adults Only 13:00 - 14:30