

Monday

- General Swim 07:00 - 08:30
- Mandy's Movers 11:00 - 12:00
- General Swim 12:00 - 13:00
- General Swim 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
- General Swim 20:30 - 22:00
- Aqua 20:45 - 21:30
Aqua with Julie, all abilities welcome

Wednesday

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

Thursday

- General Swim 07:00 - 08:30
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General Swim	07:00 - 08:30
■ Mandy's Water Circuits	11:00 - 12:00
■ General Swim	12:00 - 13:00
■ General Swim	20:30 - 22:00

Friday

■ General Swim	07:00 - 08:30
■ Ladies Only	09:00 - 10:00
■ 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
■ General Swim	15:30 - 16:30

Sunday

■ General Swim (Half Pool)	09:00 - 10:30
■ Family Fun (Half Pool)	11:00 - 12:30
■ General Swim	13:00 - 14:30
■ Adults Only (Half Pool)	15:00 - 16:30