

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

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
- General Swim 07:00 - 08:30
- 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

- Float Fun 13:30 - 14:30
- General Swim 14:30 - 15:30
- Adults Only 15:30 - 16:30
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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 - 16:00
- Aqua 16:00 - 16:45

Aqua with Julie, all abilities welcome