

Tryst Main Pool

	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		Public session (7.45am - 4pm)				12pm - 1pm	Public Session				Closed Session			Public session	1/2 Pool
Tuesday		Public Session (7.45am - 9.30am)		Public Session 1/2 Pool		11.45am - 12.45pm	Public Session 1/2 Pool			Closed Session			Public Session		
Wednesday		Public Session (7.45am - 9.30am)		Public Session 1/2 Pool		11.45am - 12.45pm	Public Session 1/2 Pool		3 Lanes Only		Closed Session		Public Session	1/2 Pool	
Thursday		Public Session (7.45am - 9.30am)		Public Session 1/2 Pool		11.45am - 12.45pm	Public Session 1/2 Pool			Closed Session			Public Session		
Friday		Public Session (7.45am - 12pm)				12pm - 1pm	Public Session				Closed Session			Public Session 1/2 Pool	
Saturday		Public Session 1/2 Pool		Public Session		12pm - 1pm	Public Session			Closed Session					
Sunday		1/2 Pool		Public Session		12pm - 1pm	Public Session			Closed Session					

3 Lanes - Slow, Medium and Fast

Closed sessions and 1/2 pool availability due to swimming lessons and swimming clubs.

Tryst Baby Pool

	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			Public Session 1/2 Pool		Closed Session	Public Session	Closed Session	Public Session 1/2 Pool		Closed Session			Public session		
Tuesday			Public Session 1/2 Pool			Public Session	Public Session 1/2 Pool			Closed Session			Public Session		
Wednesday			Public Session 1/2 Pool			Public Session	Public Session 1/2 Pool			Closed Session			Public Session		
Thursday			Public Session 1/2 Pool			Public Session	Public Session 1/2 Pool			Closed Session			Public Session		
Friday			Public Session 1/2 Pool				Closed Session		Public Session 1/2 Pool		Closed Session			Public Session	
Saturday			Public Session						Closed Session						
Sunday			Public Session						Closed Session						

Closed sessions and 1/2 pool availability due to swimming lessons and swimming clubs.

Improvers Pool

	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			Public Session			AquaFit 12.15 - 1pm			Public Session				Public session		
Tuesday	Closed Session					Public Session			Public Session			Aqua Natal 6- 6.45pm	Public Session (6.45pm - 9pm)		
Wednesday	Closed Session					Public Session			Public Session			Public Session (6pm - 7.45pm)	AquaFit 7.45pm - 8.30pm		
Thursday	Closed Session					AquaFit 12pm - 12.45pm			Public Session		Closed Session	Public Session			
Friday	Closed Session					Public Session	AquaFit 12.15pm - 1pm	Public Session			Closed Session	Public Session			
Saturday				Public Session								Closed Session			
Sunday				Public Session								closed Session	Public Session	Closed Session	

Closed sessions and 1/2 pool availability due to swimming lessons and swimming clubs.