

Main Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Monday	6	Closed	General Public/Laned Swim								Learn To Swim	Swim Club Tryst		General Public/Laned Swim			
	5										Swim Club Tryst						
	4																
	3																
	2																
	1																
Tuesday	6	Closed	General Public/Laned Swim								Learn To Swim	Swim Club Tryst		General Public/Laned Swim			
	5										Swim Club Tryst						
	4																
	3																
	2																
	1																
Wednesday	6	Closed	General Public/Laned Swim								Learn To Swim	Swim Club Tryst		Sub Aqua Club			
	5										Swim Club Tryst		General Public/Laned Swim				
	4																
	3																
	2																
	1																
Thursday	6	Closed	General Public/Laned Swim								Learn To Swim	Swim Club Tryst		General Public/Laned Swim			
	5										Swim Club Tryst						
	4																
	3																
	2																
	1																
Friday	6	Closed	General Public/Laned Swim								Learn To Swim	Learn To Swim	Swim Club Tryst		General Public/Laned Swim		
	5										Swim Club Tryst						
	4																
	3																
	2																
	1																
Saturday	6	Closed	Learn To Swim	General Public/Laned Swim								Closed		Saturday Night Project			
	5																
	4																
	3																
	2																
	1																
Sunday	6	Closed	General Public/Laned Swim		Learn To Swim	General Public/Laned Swim								Swim Club Tryst			
	5										Staff Training						
	4																
	3																
	2																
	1																

Please Note: Main Pool General Public/Laned Swim Will Have Some Laned Swimming Throughout Each Session

Improvers Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00		
Monday		Closed	General Public Swim		AquaFit	AquaFit	Learn To Swim			Closed	Learn To Swim	General Public Swim		Closed				
Tuesday		Closed	General Public Swim								Learn To Swim		General Public Swim		Closed			
Wednesday		Closed	General Public Swim								Learn To Swim		General Swim	Closed	AquaFit	Closed		
Thursday		Closed	General Public Swim	AquaFit	General Public Swim					Learn To Swim		General Public Swim			Closed			
Friday		Closed	General Public Swim								Learn To Swim		General Public Swim			Closed		
Saturday		Closed		General Public Swim								Closed		Saturday Night Project			Closed	
Sunday		Closed			Learn To Swim	General Public Swim										Closed		

Teaching Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Monday	1	Closed		Learn To Swim					Closed	Learn To Swim		Closed	General Public Swim		Closed		
	2	Closed	General Public Swim					Learn To Swim	General Public Swim		Learn To Swim		Closed	General Public Swim		Closed	
Tuesday	1	Closed	Learn To Swim			Closed	Learn To Swim	Closed	Learn To Swim				General Public Swim		Closed		
	2	Closed	General Public Swim					Learn To Swim	General Public Swim	Learn To Swim				General Public Swim		Closed	
Wednesday	1	Closed	Learn To Swim		Closed	Learn To Swim	Closed	Learn To Swim				General Public Swim		Closed			
	2	Closed	General Public Swim					Learn To Swim	General Public Swim	Learn To Swim				General Public Swim		Closed	
Thursday	1	Closed	Learn To Swim			General Public Swim	Learn To Swim					General Public Swim		Closed			
	2	Closed	General Public Swim								Learn To Swim				General Public Swim		Closed
Friday	1	Closed	Learn To Swim		Closed	Learn To Swim	Closed	Learn To Swim				General Public Swim		Closed			
	2	Closed	General Public Swim			Closed	General Public Swim		Learn To Swim				General Public Swim		Closed		
Saturday	1	Closed	Learn To Swim		General Public Swim						Closed	Saturday Night Project			Closed		
	2	Closed	Learn To Swim		General Public Swim						Closed	Saturday Night Project			Closed		
Sunday	1	Closed	Learn To Swim			General Public Swim									Closed		
	2	Closed	Learn To Swim		General Public Swim									Closed			

