

# Pool Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am — 8:45 Adult Swim	7am—7:45 Adult Swim	8am—8:45 Adult Swim	7am—7:45 Adult Swim	8am—8:45 Adult Swim	9am—9:40 Turtle, Seal, Ray	9am—9:40 Turtle, Seal, Ray
9:45am — 10:30 Adult Swim	8:45am —9:30 Adult Swim	9:45am—10:30 Adult Swim	8:45am—9:30 Adult Swim	9:45am—10:30 Adult Swim	10:15—10:55 Starfish & Dolphin	10:15—10:55 Turtle, Seal, Ray
11:30am — 12:15 Family Swim	10:30am — 11:15 Family Swim	11:30am—12:15 Family Swim	10:30am—11:15 Family Swim	11:30am— 12:15 Family Swim	11.30—12:10pm Turtle, Seal, Ray	12pm—12:45 Family Swim
13:15 — 2pm Adult Swim	12:15— 1pm Adult Swim	13:15— 2pm Adult Swim	12:15 — 1pm Adult Swim	13:15— 2pm Adult Swim	12:45pm—1:30pm Family Swim	2pm—2:45pm Adult Swim
3pm — 3:45pm Adult Swim	3pm — 3:45pm Adult Swim	3pm — 3:45pm Adult Swim	3pm — 3:45pm Adult Swim	3pm — 3:45pm Adult Swim	2:45—3pm Family Swim	
4:15 — 4:55pm Dolphin & Starfish	4:15 — 4:55pm Dolphin & Starfish	4:15 — 4:55pm Dolphin , Ray, Starfish	4:15 — 4:55pm Dolphin & Starfish	4:15 — 4:55pm Dolphin & Starfish	4pm—4:45pm Adult Swim	
5:30pm — 6:10 Starfish, Seal Ray	5:30pm — 6:10 Turtle, Seal Ray	5:30pm — 6:10 Turtle, Seal, Ray	5:30pm — 6:10 Turtle, Seal, Ray	5:30pm — 6:10 Turtle, Seal, Ray		
6:45pm — 7:25 Shark	6:45—7:25pm Turtle, Seal, Ray	6:45—7:25pm Turtle, Seal, Ray	6:45—7:25pm Turtle, Seal, Ray	6:45—7:25pm Turtle, Seal, Ray		
8:15pm — 9pm Adult Swim	8:15—9:15pm Masters		8:15—9:15pm Masters	8:15pm — 9pm Adult Swim		

## Customers, please note the following:

- Facemasks are mandatory in the building until you reach the area you are using. This includes parents waiting on children in Swimming Lessons.
- Adult & Family Swim sessions are 45 mins. in the water, with 15 mins after to rinse, dry and dress as we clean the centre ahead of the next Swim session.
- Children under the age of 18 must be booked in at Family Swim times and accompanied by an adult
- Shower gels and shampoos are not permitted.
- Lockers are unavailable but you will be provided with your own cubicle to leave your belongings.
- It is advised you book and pay your sessions a week in advance of the day to secure your place.
- Gym and Swim sessions cannot cross-over. If you are booked in for two sessions you must check in