

POOL TIMETABLE

3rd January – 4th April 2026

Subject
To
Change

Public Session Times

All sessions 50 minutes, unless otherwise stated

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	Aqua Aerobics 10am		2 – 2.40pm	6pm
TUESDAY	10am	1pm	2 – 2.40pm	6pm
	11am			8 – 8.40pm
WEDNESDAY	10am	1pm	Reduced Capacity 2 – 2.40pm Inclusive Session	Aqua Aerobics 8pm
	11am			
THURSDAY	10am	1pm	2 – 2.40pm	6pm
	11am			8 – 8.40pm
FRIDAY	Aqua Aerobics 10am	1pm		
	11am			
SATURDAY		1pm	2 – 2.40pm	

Lane Swimming Times

All sessions 55 minutes, unless otherwise stated

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY				7pm
TUESDAY		12pm		Swim Fit 7pm
WEDNESDAY		12pm		
THURSDAY		12pm		7pm
FRIDAY		12pm		
SATURDAY			3 – 3.40pm	



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