

POOL TIMETABLE

Monday

6am-9am
Lane Swim

9:30am-10:15am
Aqua Fitness

2:45pm-5pm
Children's Swim
Lessons
(Top section of pool
in use)

8pm-8:45pm
Coached Lane
Swim
(2 Lanes in use)

Tuesday

6am-9am
Lane Swim

10am-10:45am
Aqua Fitness

12pm-12:45pm
Coached Lane
Swim
(2 Lanes in use)

3:30pm-5pm
Children's Swim
Lessons
(Top section of pool
in use)

5pm-5:45pm
Children's Swim
Lessons
(2 Lanes in use)

7:05pm- 7:50pm
Aqua Fitness

Wednesday

6am-9am
Lane Swim

9:30am- 10:15am
Aqua Fitness

2:45pm-4:15pm
Children's Swim
Lessons
(Top section of pool
in use)

4:15pm-5pm
Children's Swim
Lessons
(2 Lanes in use)

7pm-8:30pm
Adult Swim Lessons
(Top section of pool
in use)

Thursday

6am-9am
Lane Swim

6:15am-7:45am
Pulse Triathlon Swim
(2 Lanes in use)

10am-10:45am
Aqua Fitness

7:05pm-7:50pm
Aqua Fitness

Friday

6am-9am
Lane Swim

9:30am-10:15am
Aqua Fitness

5:30pm- 7:30pm
Pulse Juniors
(2 Lanes in use-
3rd lane out for
members)

7:30pm-9pm
Pulse Adults
(3 Lanes in Use)

Saturday

9:30am-12:30am
Children's Swim
Lessons
(Top section of the
pool in use)

12:30pm- 1:15pm
Children's Swim
Lessons
(2 Lanes in use-
3rd lane out for
members)