

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Closed	Closed
8.00am	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only
9.00am	Leisure Swim	Baby Swim	Leisure Swim	Leisure Swim	Leisure Swim	Swim Academy	Swim Academy
9.30am	Leisure Swim	Baby Swim	Leisure Swim	Leisure Swim	Leisure Swim	Swim Academy	Swim Academy
10.00am	Leisure Swim	Baby Swim	Leisure Swim	Leisure Swim	Leisure Swim	Swim Academy	Swim Academy
10.30am	Leisure Swim	Baby Swim	Leisure Swim	Leisure Swim	Leisure Swim	Swim Academy	Swim Academy
11.00am	Aqua Class	Leisure Swim	Aqua Class	Leisure Swim	Aqua Class	Swim Academy	Swim Academy
12.00pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Swim Academy	Swim Academy
1.00pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Swim Academy	Swim Academy
2.00pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim
3.00pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim
3.30pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Leisure Swim	Leisure Swim
4.00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Leisure Swim	Leisure Swim
5.00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Leisure Swim	Leisure Swim
6.00pm	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Leisure Swim	Leisure Swim
7.00pm	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only
8.00pm	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only
9.00pm	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Closed	Closed
10.00pm	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Closed	Closed

HEALTH CLUB POOL TIMETABLE 2022

*Adult Only hours are subject to change depending on seasons of the year

*Leisure Swim is open to members, guests and members of the public without prebooking prior to arrival

*The pool is open to members, guests and members of the public during swim academy hours but please note the pool is at a reduced capacity and busier during these times