

MAIN POOL

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY	Closed	Swimming Club 6:10 - 7:55	Public Swim 8:00 - 9:00	50+ Swim 9:00 - 10:30	Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40# (2lanes for lane swimming 12:00 - 2:00)					Crash Lessons & Courses	Lane Swim 6:15 - 7:15	Adults Only 7:15 - 8:30	Triathletes	Closed	
TUESDAY	Closed	Swimming Club 6:10 - 7:55	Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40# (2lanes for lane swimming 12:00 - 2:00)					Crash Lessons & Courses	Public Swim 6:15 - 7:30	Aqua Aerobics 7:30 - 8:30	Closed		
WEDNESDAY	Closed	Swimming Club 6:10 - 7:55	Public Swim 8:00 - 9:00	50+ Swim 9:00 - 10:30	Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 2:00 (2lanes for lane swimming)	Staff Training 2:00 - 3:30	Public Swim 3:30 - 4:40#		Crash Lessons & Courses	Public Swim 6:15 - 8:00	Lane Swim 8:00 - 9:30* (last entry 8:30)		Closed		
THURSDAY	Closed	Swimming Club 6:10 - 7:55	Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40# (2lanes for lane swimming 12:00 - 2:00)					Crash Lessons & Courses	Swimming Club 6:30 - 8:15	Adults Only 8:15 - 9:30*	Closed		
FRIDAY	Closed	Swimming Club 6:10 - 7:55	Public Swim 8:00 - 9:00	50+ Swim 9:00 - 10:30	Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40# (2lanes for lane swimming 12:00 - 2:00) (pool closed 3:00 - 4:40 on 14th August)					Crash Lessons & Courses	Adults Only 6:15 - 9:30* (last entry 8:30)		Closed		
SATURDAY	CLOSED		Public Swim 8:00 - 12:00			Special Needs Swim 12:00 - 1:00	Fun Session 1:00 - 2:30	Closed	Public Swim 3:00 - 5:00		Closed					
SUNDAY	CLOSED		Public Swim 8:00 - 12:00			Fun Session 12:00 - 1:30	Closed	Public Swim 2:00 - 4:30		Swimming Club 4:30 - 5:30	Closed					

denotes only 3 lanes available 2:00pm - 4:40pm due to Olympic Athlete Training

* denotes last admission for Wednesday, Thursday & Friday evening sessions will be 8:30pm

TIMETABLE MAY BE SUBJECT TO CHANGE AT SHORT NOTICE

Both the Main and Teaching pools will be closed to the public from 3:00 - 4:40 on Friday 14th August 2009

TEACHING POOL

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY	Closed		Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40					Crash Lessons & Courses	Public Swim 6:15 - 7:15	Closed			
TUESDAY	Closed		Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40					Crash Lessons & Courses	Public Swim 6:15 - 7:00	Closed			
WEDNESDAY	Closed		Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 2:00	Staff Training 2:00 - 3:30	Public Swim 3:30 - 4:40		Crash Lessons & Courses	Public Swim 6:15 - 7:30	Closed				
THURSDAY	Closed		Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40					Crash Lessons & Courses	Public Swim 6:15 - 8:00	Closed			
FRIDAY	Closed		Public Swim 8:00 - 10:30		Aqua Splash / Rookie lifesaving 10:30 - 12:00	Public Swim 12:00 - 4:40 (pool closed 3:00 - 4:40 on 14th August)					Crash Lessons & Courses	Closed				
SATURDAY	CLOSED		Public Swim 8:00 - 12:00			Special Needs Swim 12:00 - 1:30	Public Swim 1:30 - 5:00			Closed						
SUNDAY	CLOSED		Public Swim 8:30 - 4:30					Closed								

* Normal operating procedures to be adhered to during all sessions.

* During busy sessions the Teaching pool may reach it's load limit of 25. When this occurs a queuing system comes into effect.

IF YOU REQUIRE A LARGE PRINT VERSION PLEASE ASK AT RECEPTION