	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Closed	Early Birds Swim + 1 Lane 07:15 - 09:00	Closed	Early Birds Swim + 1 Lane 07:15 - 09:00	Closed	Closed	Closed
08:00	Closed		Closed		Closed	Swimfit 08:00-09:00	Closed
09:00	Closed	Adults Only 09:00-10:00	Adults Only 09:00-10:00	Over 50's 09:00-10:00	Closed	Public Swim 09:00-11:00	Closed
10:00	Closed	Public Swim 10:00-11:00	Public Swim 10:00-12:00	Public Swim 10:00-11:00	Public Swim 10:00-11:00		SwimFit 10:00-11:00
11:00	Closed	Toddler Time 11:00-12:00		Hydro-Mobility 11:00-12:00	Toddler Time 11:00-12:00	Family Fun 11:00-12:00	Family Fun 11:00-12:00
12:00	Closed	Lane Swimming 12:00-14:00	Lane Swimming 12:00-14:00	Lane Swimming 12:00-14:00	Lane Swimming 12:00-14:00	Public Swim 12:00-13:00	Public Swim 12:00-13:00
13:00	Closed					Family Fun 13:00-14:00	Family Fun 13:00-14:00
14:00	Closed	Public Swim 14:00-16:00	Public Swim 14:00-16:00	Public Swim 14:00-16:00	Private Booking 14:00-15:00	Adults Only 14:00-15:00	Adults Only 14:00-15:00
15:00	Public Swim 15:00-18:00				Closed	Aquarun 15:30-16:15	Closed
16:00		Learn to Swim 16:00-17:30	Learn to Swim 16:00-18:00	Learn to Swim 16:00-19:00	Closed		Closed
17:00					Closed	Closed	Closed
18:00	MAYDS 18:00-19:30	AquaFit 17:30-18:30	Public Swim 18:00-19:30		Closed	Closed	Closed
19:00		MAYDS 18:30-20:00		Public Swim 19:00-20:00	Closed	Closed	Closed
20:00	Adults Only 19:30-20:30		Closed	Closed	Closed	Closed	Closed
21:00	Closed	Closed	Closed	Closed	Closed	Closed	Closed