

Swimming Pool Timetable

September 2020

MONDAY

| | |
|------------------|---------------------|
| 7:15 - 9:30 am | 25m Lane Swim (Ao) |
| 9:45 - 10:30 am | Adult Lessons |
| 9:45 - 2:30 pm | Family Swim (Ff) |
| 10:30 - 11:15 am | Aqua |
| 11:15 - 1:05 pm | Swan Babies |
| 2:30 - 6:00 pm | Centre Lessons (Ps) |
| 6:15 - 7:45 pm | 25m Lane Swim (Ao) |
| 8:05 - 8:45 pm | Aqua |
| 8:45 - 9:30 pm | Adult Lessons |

TUESDAY

| | |
|-----------------|---------------------|
| 7:15 - 9:45 am | 25m Lane Swim (Ao) |
| 10:00 - 4:00 pm | Family Swim (Ff) |
| 4:00 - 6:00 pm | Centre Lessons (Ps) |
| 6:15 - 8:15 pm | 25m Lane Swim (Ao) |
| 8:30 - 9:30 pm | Masters |

WEDNESDAY

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|------------------|---------------------|
| 5:45 - 6:45 am | Advanced Masters |
| 7:15 - 8:45 am | 25m Lane Swim (Ao) |
| 9:00 - 3:30 pm | Family Swim (Ff) |
| 10:45 - 11:30 pm | Aqua |
| 3:30 - 6:00 pm | Centre Lessons (Ps) |
| 6:15 - 8:30 pm | 25m Lane Swim (Ao) |
| 8:45 - 9:30 pm | Adult Lessons |

THURSDAY

| | |
|------------------|---------------------|
| 7:15 - 8:45 am | 25m Lane Swim (Ao) |
| 9:00 - 3:00 pm | Family Swim (Ff) |
| 10:00 - 11:05 am | Swan Babies |
| 11:15 - 12:00 pm | Aqua |
| 3:00 - 6:00 pm | Centre Lessons (Ps) |
| 6:00 - 8:15 pm | 25m Lane Swim (Ao) |
| 8:30 - 9:30 pm | Triathlon Coaching |

FRIDAY

| | |
|------------------|---------------------|
| 7:15 - 9:30 am | 25m Lane Swim (Ao) |
| 9:45 - 10:30 am | Aqua |
| 9:45 - 4:00 pm | Family Swim (Ff) |
| 10:30 - 12:30 pm | Swan Babies |
| 4:00 - 6:00 pm | Centre Lessons (Ps) |
| 6:00 - 7:45 pm | 25m Lane Swim (Ao) |

SATURDAY

| | |
|------------------|---------------------|
| 10:15 - 12:45 pm | Centre Lessons (Ps) |
| 12:50 - 1:50 pm | 25m Lane Swim (Ao) |
| 2:00 - 3:00 pm | Swan Babies |
| 3:00 - 5:30 pm | Family Swim (Ff) |

SUNDAY

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|-----------------|------------------|
| 10:15 - 5:30 pm | Public Swim (Ff) |
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Ao = Adult Only

Ff = Family Friendly

Ps = Private Session