

Monday

9.00am – 9.30am	Aqua Jog
9.45am – 10.30am	AquaFit
12.15pm – 1.15pm	Disability Swim
1.45pm – 2.45pm	Just Swim
3.00pm – 3.45pm	Just Swim
4.00pm – 7.00pm	Learn to Swim
7.15pm – 8.00pm	AquaFit
8.05pm – 8.50pm	Aqua Zumba

Tuesday

8.30am – 9.15am	AquaFit
9.30am – 1.30pm	Learn to Swim
4.00pm – 7.00pm	Learn to Swim
7.05pm – 7.50pm	Just Swim
8.00pm – 10.00pm	Learn to Swim

Wednesday

9.00am – 9.30am	Aqua Jog
9.45am – 10.30am	AquaFit
12.00pm – 1.30pm	Learn to Swim
1.45pm – 2.45pm	Just Swim
2.45pm – 3.45pm	Just Swim
4.00pm – 7.00pm	Learn to Swim
7.15pm – 8.00pm	AquaFit

Thursday

8.30am – 9.15am	AquaFit
9.30am – 1.30pm	Learn to Swim
2.15pm – 3.00pm	Just Swim
3.00pm – 3.45pm	Just Swim
4.00pm – 7.00pm	Learn to Swim
7.05pm – 7.50pm	Just Swim
8.00pm – 10.00pm	Learn to Swim

Friday

9.00am – 09.45am	Aqua Zumba
12.00pm – 1.30pm	Learn to Swim
2.45pm – 3.45pm	Just Swim
4.00pm – 7.00pm	Learn to Swim
7.15pm – 8.00pm	Lane Swimming
8.00pm – 9.00pm	Lane Swimming

Saturday

8.00am – 11.15am	Learn to Swim
11.15am – 12.15pm	Just Swim
12.30pm – 1.30pm	Disability Swim
3.15pm – 4.15pm	Family Fun
4.15pm-5.00pm	Family Fun

Sunday

8.00am – 9.15am	Just Swim
9.15am – 10.15am	Just Swim
10.30am – 11.15am	AquaFit
11.30am – 12.45pm	Just Swim
12.45pm – 1.45pm	Just Swim
3.00pm – 4.00pm	Just Swim
4.00pm – 5.00pm	Just Swim
5.00pm – 5.45pm	Just Swim