

WELLNESS & FITNESS CENTRE POOL TIMETABLE

PLEASE NOTE: AT MOST TIMES THERE ARE ALWAYS 2 LANES OPEN FOR NON-SQUAD SWIMMERS. IF THIS IS NOT THE CASE, PLEASE INFORM RECEPTION.

DAY	LANE	05h00	06h00	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00		
MON	1																			
	2			Aqua 06h30-07h15		Aqua 08h30-09h30	Hydro 09h30-10h15			Aqua 13h00-14h00										
	3																			
	4		SPC Swim Squad 05h30-06h30		Masters Swim Squad 07h15-08h15					Masters Swim Squad 12h00-13h00				Swim Coaching 14h00-17h30						
	5																			
	6																			
TUE	1																			
	2								Aqua 09h30-10h30											
	3																			
	4		Swim Coaching 05h30-09h00																	
	5																			
	6																			
WED	1																			
	2			Aqua 06h30-07h15		Aqua 08h30-09h30	Hydro 09h30-10h15													
	3																			
	4		SPC Swim Squad 05h30-06h30		Masters Swim Squad 07h15-					Masters Swim Squad 12h00-13h00										
	5																			
	6																			
THUR	1																			
	2																			
	3								Aqua 09h30-10h30											
	4																			
	5																			
	6																			
FRI	1																			
	2			Aqua 06h30-07h15		Aqua 08h30-09h30	Hydro 09h30-10h15													
	3																			
	4		SPC Swim Squad 05h30-06h30		Masters Swim Squad 07h15-08h15					Masters Swim Squad 12h00-13h00										
	5																			
	6																			
SAT	1																			
	2																			
	3																			
	4																			
	5																			
	6																			
SUN	1																			
	2																			
	3																			
	4																			
	5																			
	6																			

**Please ensure you have checked the individual starting times of each class!*

Last Updated 03/01/2019

