

Day	Time	Session
Saturday	12.30 – 14.45	Public Swimming
Sunday	9.30 – 10.30	Fresh Start
Sunday	10.30 – 14.45	Public Swimming
Monday	7.00 – 8.30	Fresh Start
Monday	8.30 – 9.15	Aqua Aerobics
Monday	9.15 – 12.00	Public Swimming
Monday	18.00 – 18.45	Public Swimming
Monday	19.45 – 20.30	Public Swimming
Monday	20.30 – 21.30	Ladies Only
Tuesday	7.00 – 8.30	Fresh Start
Tuesday	8.30 – 9.30	Over 60
Tuesday	12.00 – 15.45	Public Swimming
Tuesday	20.45 – 21.30	Public Swimming
Wednesday	7.00 – 9.30	Fresh Start
Wednesday	12.00 – 12.45	Aqua Aerobics
Wednesday	13.00 – 15.30	Public Swimming
Wednesday	20.00 – 21.30	Public Swimming
Thursday	8.15 – 9.00	Aqua Aerobics
Thursday	9.00 – 10.00	Public Swimming
Thursday	12.00 – 13.00	Public Swimming
Thursday	14.30 – 15.45	Public Swimming
Thursday	20.30 – 21.30	Public Swimming
Friday	7.00 – 9.00	Fresh Start
Friday	9.00 – 10.00	Over 60
Friday	12.00 – 13.00	Public Swimming
Friday	13.00 – 14.00	Public Swimming* Kids Free Swimming

Friday	14.15 – 15.15	Public Swimming*Kids Free Swimming
Friday	15.30 – 18.00	Public Swimming
Friday	20.00 – 21.00	Public Swimming