

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 – 10.00	Public Swimming
Monday	13.00 – 15.30	Public Swimming
Monday	18.00 – 18.45	Public Swimming
Monday	19.30 – 20.30	Public Swimming
Monday	20.30 – 21.30	Ladies Only
Tuesday	7.00 – 8.45	Fresh Start
Tuesday	8.45 – 9.45	Over 50's
Tuesday	12.00 – 16.00	Public Swimming
Tuesday	21.30 – 22.15	Public Swimming
Wednesday	7.00 – 9.00	Fresh Start
Wednesday	11.30 – 12.15	Aqua Aerobics
Wednesday	12.30 – 15.45	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 – 16.00	Public Swimming
Thursday	20.30 – 21.30	Public Swimming
Friday	7.00 – 9.00	Fresh Start
Friday	9.00 – 10.00	Over 50's
Friday	12.00 – 15.00	*Public Swimming / Kids go Free
Friday	15.00 – 18.00	Public Swimming
Friday	20.00 – 21.00	Public Swimming