

# swimming pool programme



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 - 09.00	adult swim	adult swim	adult swim	adult swim	adult swim		
09.00 - 12.00	swim for all aqua @ 10am aqua @ 11:30am	swim for all	swim for all aqua @ 10am	swim for all	swim for all aqua @ 11.15am aqua @ 11:45am	08.00-10.30 adult swim	adult swim
12.00 - 14.00	adult swim	adult swim	adult swim	adult swim aqua @1.30pm	adult swim	10.30-15.30 swim for all lane swimming still available	swim for all lane swimming still available
14.00-18.30	swim for all floats & rafts available until 5pm swimming lessons may be in progress	swim for all floats & rafts available until 5pm swimming lessons may be in progress	swim for all floats & rafts available until 5pm swimming lessons may be in progress	swim for all floats & rafts available until 5pm swimming lessons may be in progress	swim for all floats & rafts available until 5pm swimming lessons may be in progress	15.30-17.45 adult swim	adult swim
18.30-21.45	adult swim aqua @ 7pm	adult swim aqua @ 7.00pm	adult swim aqua @ 7pm	adult swim aqua @ 7.00pm	adult swim		

For reasons of hygiene ALL pool users must shower prior to and in between using the pool, sauna, steam and spa. Our lifeguards will approach any members who have not done so.

Juniors under 14 years must be supervised by an adult at all times. For safety reasons no under 16's can use the sauna, steam or spa facilities.