

SWIM ZONE Pool Timetable

| Main Pool | | 06:00 - 07:00 | 07:00 - 08:00 | 08:00 - 09:00 | 09:00 - 10:00 | 10:00 - 11:00 | 11:00 - 12:00 | 12:00 - 13:00 | 13:00 - 14:00 | 14:00 - 15:00 | 15:00 - 16:00 | 16:00 - 17:00 | 17:00 - 18:00 | 18:00 - 19:00 | 19:00 - 20:00 | 20:00 - 21:00 | 21:00 - 22:00 | |
|-----------|---|---------------|---|---------------|---------------|---------------|---------------|---------------|---|---------------|---------------|---|---------------|---------------|---------------|---------------|---------------|--|
| Monday | 1 | CLOSED | Lane Swim | | | Lane Swim | | | AQUAFIT | | | General Swim | | | | | | |
| | 2 | | GENERAL SWIM | | | | | | | | | | | | General Swim | | | |
| | 3 | | GENERAL SWIM | | | | | | Learn to swim | | | General Swim | | | | | | |
| | 4 | | GENERAL SWIM | | | | | | Learn to swim | | | General Swim | | | | | | |
| Tuesday | 1 | CLOSED | Lane Swim | | | Lane Swim | | | Learn to swim | | | club | | | | | | |
| | 2 | | GENERAL SWIM | | | | | | | | | | | | club | | | |
| | 3 | | GENERAL SWIM | | | | | | Learn to swim | | | Learn to swim | | | club | | | |
| | 4 | | GENERAL SWIM | | | | | | Learn to swim | | | Learn to swim | | | club | | | |
| Wednesday | 1 | CLOSED | Lane Swim | | | Learn to swim | | | Aqua Fit | | | General Swim | | | DISPORT CLUB | | General Swim | |
| | 2 | | GENERAL SWIM | | | | | | | | | | | | DISPORT CLUB | | General Swim | |
| | 3 | | GENERAL SWIM | | | | | | Aqua Fit | | | General Swim | | | General Swim | | | |
| | 4 | | GENERAL SWIM | | | | | | Aqua Fit | | | General Swim | | | General Swim | | | |
| Thursday | 1 | CLOSED | Lane Swim | | | Lane Swim | | | GENERAL SWIM | | | Aqua Fit | | | General Swim | | | |
| | 2 | | GENERAL SWIM | | | | | | | | | | | | Aqua Fit | | General Swim | |
| | 3 | | GENERAL SWIM | | | | | | Learn to swim | | | Learn to swim | | | General Swim | | | |
| | 4 | | GENERAL SWIM | | | | | | Learn to swim | | | Learn to swim | | | General Swim | | | |
| Friday | 1 | CLOSED | Lane Swim | | | General Swim | | | Lane Swim | | | Learn to swim | | | GENERAL SWIM, | | | |
| | 2 | | GENERAL SWIM, | | | | | | | | | | | | | | | |
| | 3 | | GENERAL SWIM, | | | | | | Learn to swim | | | GENERAL SWIM, | | | | | | |
| | 4 | | GENERAL SWIM, | | | | | | Learn to swim | | | GENERAL SWIM, | | | | | | |
| Saturday | 1 | CLOSED | swim club | | | Learn to swim | | | GENERAL SWIM | | | General Swim (subject to change for Hope group) | | | CLOSED | | | |
| | 2 | | General Swim (subject to change for Hope group) | | | | | | | | | | | | CLOSED | | | |
| | 3 | | General Swim (subject to change for Hope group) | | | | | | General Swim (subject to change for Hope group) | | | CLOSED | | | | | | |
| | 4 | | General Swim (subject to change for Hope group) | | | | | | General Swim (subject to change for Hope group) | | | CLOSED | | | | | | |
| Sunday | 1 | CLOSED | Lane Swim | | | GENERAL SWIM | | | GENERAL SWIM, | | | CLOSED | | | CLOSED | | | |
| | 2 | | GENERAL SWIM, | | | | | | | | | | | | CLOSED | | | |
| | 3 | | GENERAL SWIM, | | | | | | GENERAL SWIM, | | | CLOSED | | | | | | |
| | 4 | | GENERAL SWIM, | | | | | | GENERAL SWIM, | | | CLOSED | | | | | | |

Please note that there may be slight change in the main pool at certain days/times due to school swimming lessons.

| Boom Area | | 06:00 - 07:00 | 07:00 - 08:00 | 08:00 - 09:00 | 09:00 - 10:00 | 10:00 - 11:00 | 11:00 - 12:00 | 12:00 - 13:00 | 13:00 - 14:00 | 14:00 - 15:00 | 15:00 - 16:00 | 16:00 - 17:00 | 17:00 - 18:00 | 18:00 - 19:00 | 19:00 - 20:00 | 20:00 - 21:00 | 21:00 - 22:00 |
|-----------|--|---------------|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Monday | | Lane Swim | | Learn to Swim | | | GENERAL SWIM | | | Learn to Swim | | | General swims | | | | |
| Tuesday | | Lane Swim | | Learn to Swim | | | Learn to swim | | | Learn to Swim | | | Swimming CLUB | | | | |
| Wednesday | | Lane Swim | | Learn to Swim | | | Learn to swim | | | Learn to Swim | | | DISPORT CLUB | | General swims | | |
| Thursday | | Lane Swim | | Learn to Swim | | | Learn to Swim | | | Learn to Swim | | | General swims | | | | |
| Friday | | Lane Swim | | Learn to Swim | | | Learn to Swim | | | | | | General swims | | | | |
| Saturday | | Closed | swim club 7.00-8.30am | | Learn to Swim | | | GENERAL SWIM | | | Closed | | | | | | |
| Sunday | | Closed | General swims | | | | | | Closed | | | | | | | | |

Please note that there may be a reduced programme on certain days/times with regards to school swimming lessons

