



Aquatics Schedule

(February 6–March 17, 2023)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am
Leisure and Lengths ♦ 9:00am–3:00pm	Swim Lessons 9:00–10:30am	Swim Lessons 9:00–10:30am	Swim Lessons 9:00–10:30am	Leisure and Lengths ♦ 9:00am–1:00pm	Swim Lessons 9:00–11:30am	Swim Lessons 9:00am–1:00pm
	Leisure and Widths ♦ 10:30–11:30am	Leisure and Lengths ♦ 10:30am–3:00pm	Leisure and Widths ♦ 10:30–11:30am		Integrated Swim 11:30am–1:00pm	
	Leisure and Lengths ♦ 11:30am–1:30pm		Leisure and Lengths ♦ 11:30am–1:30pm	School Swim 1:00–3:00pm	Kids Fun Swim 1:00–5:00pm	Kids Fun Swim 1:00–5:00pm
Everyone Welcome 3:00–5:00pm	50 & Better 1:30–3:00pm	Swim Lessons 3:00–5:00pm	50 & Better 1:30–3:00pm	Parent and Tot 3:00–5:00pm		
Adult Lengths 5:00–6:30pm	Swim Lessons 3:00–7:00pm	Adult Lengths 5:00–6:30pm	Swim Lessons 3:00–7:00pm	Adult Lengths 5:00–6:30pm	Adult Lengths 5:00–7:00pm	Adult Lengths 5:00–6:30pm
Everyone Welcome 6:30–8:30pm	Adult Lengths 7:00–8:30pm	Everyone Welcome 6:30–8:30pm	Adult Lengths 7:00–8:30pm	Kids Fun Swim 6:30–9:30pm		Leisure and Lengths ♦ 6:30–8:30pm
Leisure and Lengths ♦ 8:30–10:00pm	Leisure and Lengths ♦ 8:30–10:00pm <small>(WITH MASTERS 8:30-9:30PM)</small>	Leisure and Lengths ♦ 8:30–10:00pm	Leisure and Lengths ♦ 8:30–10:00pm <small>(WITH MASTERS 8:30-9:30PM)</small>			

Aquafit Schedule

Deep Water 7:45–8:45am	Shallow Water 7:45–8:45am	Shallow Water 7:45–8:45am	Shallow Water 7:45–8:45am	Deep Water 7:45–8:45am	Shallow Water 7:45–8:45am
Shallow Water 9:00–10:00am	Shallow Water 10:30–11:30am		Shallow Water 10:30–11:30am	Shallow Water 9:00–10:00am	
Waterworks* 10:00–11:00am		Waterworks* 10:15–11:15am		Waterworks* 10:00–11:00am	
50 & Better 11:15am–12:15pm		50 & Better 11:15am–12:15pm		50 & Better 11:15am–12:15pm	
Shallow Water 1:45–2:45pm	50 & Better 1:45–2:45pm	Shallow Water 1:45–2:45pm	50 & Better 1:45–2:45pm		

Legend * Registered class ♦ Families are welcome in the small pool

All children, under seven years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

School Swims: Bookings vary, please call ahead to reception to see if the pool is available for booking.

Swim Lessons: The pool and hot tub are not available as a lifeguard is not on duty. The sauna and steam room are available.

Statutory Holidays: Group swim lessons run; reduced aquafit schedule and private lessons are not available.