

## 16<sup>th</sup> July – 29<sup>th</sup> July

### Monday

07:00-09:00 Lane Swim  
09:00-11:00 Family Swim  
17:00-18:00 Adult Swim  
19:00-22:00 Adult Swim

### Wednesday

07:00-09:00 Lane Swim  
09:00-11:00 Family Swim  
17:00-18:00 Adult Swim  
19:00-22:00 Adult Swim

### Friday

07:00-09:00 Lane Swim  
15:00-19:30 Family Swim  
19:30-22:00 Adult Swim

### Tuesday

06:45-09:00 Lane Swim  
17:00-18:00 Adult Swim  
18:00-19:00 Masters  
21:00-22:00 Adult Swim

### Thursday

07:00-09:00 Lane Swim  
17:00-18:00 Adult Swim  
18:00-19:00 Masters  
19:00-20:30 Adult Swim

### Saturday

08:00-09:00 Masters  
09:00-10:00 Lane Swim  
11:00 -15:30 Family Swim  
15:30-17:00 Adult Swim

### Sunday

08:00-09:15 Lane Swim  
09:15-11:30 Family Swim  
12:30-16:00 Adult Swim

In addition to the normal fitness suite opening hours, it will also be available during any additional members swimming sessions. These sessions can be found in **bold**.