

29th July – 11th August

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**.