| | MONDAY 30TH | | | TUESDAY 31ST | | | WEDNESDAY 1ST | | | THURSDAY 2ND | | | | | FRIDAY 3RD | SATURDAY 4TH | | | SUNDAY 5TH | | | | |
|--------------------------------|---------------------------|-------------------|-----------------------------|--------------------|------------------|-----------------------|--------------------|------------------|---------------|---------------------------|--------------|--------------------------------------|-----------------------------|--------------------|-----------------------------|--------------------|-----------------|-----------------------|-----------------------------|-----------------|-----------------------|-----------------|--------------------------------|
| | Fun Pool End | 25 Metre Pool | Diving End | Fun Pool End | 25 Metre Pool | Diving End | Fun Pool End | 25 Metre Pool | Diving End | Fun Pool End | | Metre 'ool | Diving End | Fun Pool End | 25 Metre Pool | Diving End | Fun Pool End | 25m Pool | Diving End | Fun Pool End | 25m Pool | Diving End | |
| 6.30 - 7.00 | | | | | | | | Club Swimming | | | | Club Swimming 25m Lane Swim 6.30- | | | Club | | | | | 6.30 - 7.00 | | | |
| 7.00 - 7.30 | Club Swimming 6.00-7.30 | | | | 25m Lane Swim | | | | | 50m Lane Swim 7.00 - 8.30 | | | | 7.30 | 4002 | | Swim | | | | 7.00 - 7.30 | | |
| 7.30 - 8.00 | 50m Lane Swim 7.00 - 8.30 | | | | 7.00 -8.30 | Shallow Water 7.45 | | | | Floor Change | | | 0.30 | | 25m Lane Swim 7.30- 8.30 | Circuits | | | | | | | 7.30 - 8.00 8.00 - 8.30 |
| 8.30 - 9.00 | Floor Change | | | | | | | | | | | | | | 7.45 | | | | | | 1 1 | 8.30 - 9.00 | |
| 9.00 - 9.30 | | | | | Leisure/Lane | | | | | | | | | | | | | Lessons | Diving Lessons | | Lessons | Lessons | 9.00 - 9.30 |
| 9.30 - 10.00 | HAF | Leisure/Lane Swim | Shallow Water Workout | HAF | Swim | Family Float | | | | HAF | | re/Lane wim | Shallow water Workout | Leisure Swim | Leisure/Lane Swim | Family Float | | | | Lessons | | | 9.30 - 10.00 |
| 10.00 - 10.30 | | | 9:15 | | | | | | | | | | 9:45 | | | | Lessons | L eieune / | Laioura | | 1 | Lainuna | 10.00 - 10.30 |
| 10.30 - 11.00 | | | Adult Only | | | | | | | | | | Shallow Water | | | | | Leisure/L ane Swim | Leisure Swim | | Leisure/L ane Swim | Leisure Swim | 10.30 - 11.00 |
| 11.00 - 11.30 | Leisure | Leisure/Lane | Session | Leisure Swim | Leisure/Lane | | | | | Leisure | ا باغا | re/Lane | 10:45 | Leisure | Leisure/Lane | Leisure | | | | | | | 11.00 - 11.30 |
| 11.30 - 12.00 | Swim | Swim | 10:30 | 1.2 | Swim | | | | | Swim | | wim | | Swim | Swim | Swim 1.2 | | | | | | | 11.30 - 12.00 |
| 12.00 - 12.30 | | | | | | Aqua Natal 12:00 | | | | | | | | | | 1.2 | | Lane | Leisure/L | Leisure | Leisure/L | Leisure | 12.00 - 12.30 |
| 12.30 - 13.00 | | | | | | 12.00 | | Facility | , | | | | | | | | | Swim | ane Swim | Swim | ane Swim | Swim | 12.30 - 13.00 |
| 13.00 - 13.30 13.30 - 14.00 | Leisure | Leisure/Lane | | Leisure | Leisure/Lane | Leisure | | Facility | | | Laicura/Lana | | Leisure Swim | Leisure | Leisure/Lane | Leisure | | | | | | | 13.00 - 13.30 13.30 - 14.00 |
| 14.00 - 14.30 | Swim | Swim | Leisure Swim 1.2 | Swim | Swim | Swim 1.2 | C | losed t | to | Leisure Swim | | Swim | | Swim | Swim | Swim 1.2 | - | | | | — 7 | | 14.00 - 14.30 |
| 14.30 - 15.00 | | | _ | | | | | Genera | | | | _ | | | | Deep | Leisure Swim | Lane Swim | Leisure/L ane Swim | Leisure Swim | Leisure/L | Leisure Swim | 14.30 - 15.00 |
| 15.00 - 15.30 | | | | | | | | | | | | | Public | | | Water | Swim | Swim | ane owill | Swim | ane Swim | Swim | 15.00 - 15.30 |
| 15.30 - 16.00 | Leisure/Lane Swi | | Public Diving | | | | Public. | | | Leisure/L | | ane Swim Diving | | | Leisure/Lane Swim | Workout 2.30 pm | | | | | | | 15.30 - 16.00 |
| 16.00 - 16.30 | | | | | | | | | | | | | | | | | | Leisure/L | Leisure | Leisure | Leisure/L | Public | 16.00 - 16.30 |
| 16.30 - 17.00 | | | | | | | | | | | | | | | | | Party Hire | ane Swim | Swim | Swim | ane Swim | Diving | 16.30 - 17.00 |
| 17.00 - 17.30 | | Leieure # | | | Facility | | | | | | Leieure (I | | Club | | | Club | | | - | | | | 17.00 - 17.30 |
| 17.30 - 18.00 | Lessons | | Club Diving | C | Closes to | | | | | Lessons | | | Diving | Lessons | Leisure/L Lessons | Diving | | | | | | 17.30 - 18.00 | |
| 18.00 - 18.30 | | Swim | | | | | | | | | Swim | | | | ane Swim | | | | | | Club Swim | 1 | 18.00 - 18.30 |
| 18.30 - 19.00 | | | | | Genera | l | | | | | | | | | | | | | | | | | 18.30 - 19.00 |
| 19.00 - 19.30 | | Swim | | I | Public at | | | | Leisure | Leisure | | | Floor Change | | | Facility closes to | | ne general | | | | 19.00 - 19.30 | |
| 19.30 - 20.00 | Leisure Swim | | | | | | | | | Swim | Swim | | | | | | public at 5pm | | | | | | 19.30 - 20.00 |
| 20.00 - 20.30 | | | | | 2:30pm | | | | | Loigura | Lono | Club | Diving | 50m Ad | ult Lane | Quin | | | Facility closes to the gene | | e general | 20.00 - 20.30 | |
| 20.30 - 21.00 | Swim Swim | | Public Diving | | | | | | | Leisure Swim | Lane Swim | Swim | Lessons | Sw | 50m Cil | Swim | | | public at 5pm | | | 20.30 - 21.00 | |
| 21.00 - 21.30 | Adults | Adults | Sub Aqua | | | | | | | Adult | Adult | | | | | | | | | | | | 21.00 - 21.30 |
| 21.30 - 22.00 | Covers | Covers | Club | | | | | | | | | | | Fl | oor change/Pool cove | ers | | | | | | | 21.30 - 22.00 |