

# POOL AVAILABILITY

SPACE AVAILABLE FOR GENTLE EXERCISE

MONDAY 29<sup>th</sup> DECEMBER TO  
SUNDAY 11<sup>th</sup> JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WARM WATER POOL</b>	5.30AM FULL SPACE AVAILABLE						
	8.00AM		GENTLE AQUA		GENTLE AQUA		
	9.00AM						
	10.00AM						
	11.00AM	AQUA FLOW				GENTLE AQUA	
	12.00PM						
	1.00PM						
	2.00PM			GROUP EP			
	3.00PM						
	4.00PM						
	5.00PM						
	6.00PM				GENTLE AQUA		
	7.00PM						
	8.00PM						
	9.00PM						

Lane space will be roped off during any of the allocated sessions above.

Public space for gentle exercise is always available.

# POOL AVAILABILITY

NUMBER OF LANES AVAILABLE FOR LAP SWIMMING - OPEN TO 1:00PM

MONDAY 29<sup>th</sup> DECEMBER  
TO SUNDAY 11<sup>th</sup> JANUARY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>50M POOL</b>	5.30AM	8	8	8	8	8		
	6.00AM	8	8	8	8	8		
	6.30AM	8	8	8	8	8	8	
	7.00AM	5	8	5	8	8	5	
	7.30AM	5	8	5	8	8	5	
	8.00AM	5	8	5	8	5	5	8
	8.30AM	5	8	5	8	5	5	8
	9.00AM	5	5	5	5	5	8	8
	9.30AM	5	5	5	5	5	8	8
	10.00AM	5	5	8	8	5	8	8
	10.30AM	5	5	8	8	5	8	8
	11.00AM	8	8	8	8	8	8	8
	11.30AM	8	8	8	8	8	8	8
	12.00PM	8	8	8	8	4	8	8
	12.30PM	8	8	8	8	4	8	8
1.00PM	8	8	8	8	4	8	8	

# POOL AVAILABILITY

NUMBER OF LANES AVAILABLE FOR LAP SWIMMING - 1:30PM TO CLOSE

MONDAY 29<sup>th</sup> DECEMBER  
TO SUNDAY 11<sup>th</sup> JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
50M POOL	1:30PM	8	8	8	8	4	8	8
	2:00PM	8	8	8	8	4	8	8
	2:30PM	8	8	8	8	4	8	8
	3:00PM	8	8	8	8	4	8	8
	3:30PM	8	8	8	8	4	8	8
	4:00PM	8	8	8	8	8	8	8
	4:30PM	8	8	8	8	8	8	8
	5:00PM	8	8	8	8	8	8	8
	5:30PM	8	8	8	8	8	8	8
	6:00PM	8	8	8	8	8	8	
	6:30PM	8	8	8	8	8	8	
	7:00PM	8	8	8	8	8	8	
	7:30PM	8	8	8	8	8	8	
	8:00PM	8	8	8	8	8		
	8:30PM	8	8	8	8	8		
	9:00PM	8	8	8	8	8		