POOL AVAILABILITY

SPACE AVAILABLE FOR GENTLE EXERCISE

MONDAY 9th NOVEMBER TO SUNDAY 15th NOVEMBER

WARM WATER POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30AM	FULL SPACE AVAILABLE						
8.00AM		GENTLE AQUA		GENTLE AQUA	1-ON-1 SWIMMING LESSONS	GOSWIM SWIMMING LESSONS	
9.00AM							
10.00AM							
11.00AM	AQUA FLOW			HALF POOL AVAILABLE	GENTLE AQUA		
12.00PM							
1.00PM							
2.00PM			GROUP EP				
3.00PM		1-ON-1 SWIMMING LESSONS		1-ON-1 SWIMMING LESSONS	1-ON-1 SWIMMING LESSONS		
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.

knox Leisureworks
Aquatic and Recreation Centre

POOL AVAILABILITY

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

MONDAY 9th NOVEMBER TO SUNDAY 15th NOVEMBER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
50M POOL	5.30AM	8	7	7	6	7		
	6.00AM	8	7	7	6	7		
	6.30AM	8	7	7	6	7	6	
	7.00AM	4	2	2	6	4	2	
	7.30AM	4	2	4	8	4	2	
	8.00AM	4	8	4	8	4	2	8
	8.30AM	4	8	4	8	4	2	4
	9.00AM	4	8	4	4	4	4	4
	9.30AM	3	6	2	2	2	6	4
	10.00AM	3	6	2	5	2	6	5
	10.30AM	3	6	4	5	2	6	5
	11.00AM	6	6	6	6	6	6	5
	11.30AM	6	6	6	6	6	6	5
	12.00PM	6	6	6	8	6	6	6
	12.30PM	6	6	6	6	6	8	8
	1.00PM	6	6	6	6	6	8	7

Knox Leisureworks
Aquatic and Recreation Centre

POOL AVAILABILITY

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

MONDAY 9th NOVEMBER TO SUNDAY 15th NOVEMBER

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

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