

# POOL TIMETABLE July / August 2021

## Main Pool & Learner Pool Household Session Times

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY		11:15am to 12:15pm** 12:30 to 1:30pm	1:45pm to 2:45pm 3:00pm to 4:00pm 4:15pm to 5:15pm	6:00pm to 7:00pm 7:15pm to 8:15pm 8:30pm to 9:30pm**
TUESDAY		11:15am to 12:15pm** 12:30 to 1:30pm	1:45pm to 2:45pm 3:00pm to 4:00pm 4:15pm to 5:15pm	6:00pm to 7:00pm 7:15pm to 8:15pm 8:30pm to 9:30pm**
WEDNESDAY		11:15am to 12:15pm** 12:30 to 1:30pm	1:45pm to 2:45pm 3:00pm to 4:00pm 4:15pm to 5:15pm	7:15pm to 8:15pm 8:30pm to 9:30pm**
THURSDAY		11:15am to 12:15pm** 12:30 to 1:30pm	3:00pm to 4:00pm 4:15pm to 5:15pm	6:00pm to 7:00pm 7:15pm to 8:15pm 8:30pm to 9:30pm**
FRIDAY		11:15am to 12:15pm** 12:30 to 1:30pm	1:45pm to 2:45pm 3:00pm to 4:00pm 4:15pm to 5:15pm	6:00pm to 7:00pm 7:15pm to 8:15pm 8:30pm to 9:30pm**
SATURDAY	9:15am to 10:15am** 10:30am to 11:30am** 11:45am to 12:45pm	1:00pm to 2:00pm	2:15pm to 3:15pm 3:30pm to 4:30pm	4:45pm to 5:45pm
SUNDAY	9:15am to 10:15am** 10:30am to 11:30am** 11:45am to 12:45pm	1:00pm to 2:00pm	2:15pm to 3:15pm 3:30pm to 4:30pm	4:45pm to 5:45pm

- Please note sessions must be pre-booked in advanced.
- Arrive swim ready with your swim gear on under your clothes.
- Shower at home prior to arriving as shower facilities will not be available.
- Numbers will be limited however you will be booked into an appropriate area of the pool and dedicated a zone.
- The Learner Pool will have a strict number limit however the Main Pool will have an area set at 0.8m for each household.
- No lane swimming will be available during Household Sessions.
- Children under 16 must be accompanied by a responsible person aged 16 or over.
- Each zone will have a maximum of 4 persons.

\*\* Learner Pool Only Available

## Lane Swimming Session Times

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	6:30am to 7:30am 7:45am to 8:45am	11:15am to 12:15pm		8:30pm to 9:30pm
TUESDAY	6:30am to 7:30am 7:45am to 8:45am	11:15am to 12:15pm		8:30pm to 9:30pm
WEDNESDAY	6:30am to 7:30am 7:45am to 8:45am	11:15am to 12:15pm		8:30pm to 9:30pm
THURSDAY	6:30am to 7:30am 7:45am to 8:45am	11:15am to 12:15pm		8:30pm to 9:30pm
FRIDAY	6:30am to 7:30am 7:45am to 8:45am	11:15am to 12:15pm		8:30pm to 9:30pm
SATURDAY	9:15am to 10:15am 10:30am to 11:30am			
SUNDAY	9:15am to 10:15am 10:30am to 11:30am			

- Please note sessions must be pre-booked in advanced.
- Arrive swim ready with your swim gear on under your clothes.
- Shower at home prior to arriving as shower facilities will not be available.
- Children under 16 must be accompanied by a responsible person aged 16 or over (Minimum age for lane swimming is 10 yrs)
- There will be 3 double lanes available for booking;
  1. Recreational Swimming Lane - Mixed strokes except Backstroke & Butterfly
  2. Medium Swimming Lane – Suitable for anyone who can swim continuously
  3. Fast Swimming Lane - Suitable for anyone swimming 25 secs a length or less
- All swimmers must swim in a clockwise direction.