



**FITNESS SUITE TIMETABLE**

**MONDAY - FRIDAY**

07:15-08:45	Deep clean	09:15-10:45	Deep clean	11:15-12:45	Deep clean	13:15-14:45	Deep clean	15:15-16:45	Deep clean	17:15-18:45	Deep clean	19:15-20:45	Deep clean
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**SWIMMING TIMETABLE**

**MONDAY - FRIDAY**

MONDAY	07:30-08:30 Lane swim	Deep clean	09:00-10:00 Quiet swim	Deep clean	10:30-11:30 Lane swim	Deep clean	12:30 – 14:00 Swimming lessons		Deep clean	14:30-15:15 Lane swim	Deep clean	15:45-19:05 Swimming Lessons	Deep clean	19:30 – 20:15 Lane swim	Deep clean	20:30-21:15 Lane Swim	Deep clean
TUESDAY	07:30-08:30 Lane swim		09:00-10:00 Quiet swim		10:30-11:30 Lane swim		12:30 – 13:00 lessons	13:15-14:15 School	Deep clean	14:30-15:15 Lane swim		15:45-19:05 Swimming Lessons		19:30 – 20:15 Lane swim		20:30-21:15 Lane Swim	
WEDNESDAY	07:30-08:30 Lane swim		09:00-10:00 Quiet swim		10:30-11:30 Lane swim		12:30-13:30 Lane swim		Deep clean	14:30-15:15 Lane swim		15:45-19:05 Swimming Lessons		19:30 – 20:15 Lane swim		20:30-21:15 Lane Swim	
THURSDAY	07:30-08:30 Lane swim		09:00-10:00 Quiet swim		10:30-11:30 Lane swim		12:30 – 14:00 Swimming lessons		Deep clean	14:30-15:15 Lane swim		15:45-19:05 Swimming Lessons		19:30 – 20:15 Lane swim		20:30-21:15 Lane Swim	
FRIDAY	07:30-08:30 Lane swim		09:00-10:00 Quiet swim		10:30-14:00 Swimming lessons				Deep clean	14:30-15:15 Lane swim		15:45-21:00 Swimming lessons				Deep clean	
BABY POOL ONLY					Mon – Thurs 10:30- 11:30					Mon – Fri 14:30-15:30							

**FITNESS & SWIM**

**SATURDAY & SUNDAY**

FITNESS SUITE		09:15-10:15	Deep clean	10:45-11:45	Deep clean	12:15-13:15	Deep clean	13:45-14:45	Deep clean
SWIMMING POOL		09:00-10:00 Leisure Swim	Deep clean	10:30-11:30 Family Swim	Deep clean	12:00-13:00 Family Swim	Deep clean	13:30-14:30 Family Swim	Deep clean

- Lane Swim:** During this session 4 lanes will be available for adult lane swimming. 4 Adults to a lane. 1Fast, 2 Medium, 1Slow lane available.
- Leisure Swim:** During this sessions 3 lanes will be available for adult lane swimming and one lane available for 1x family bubble swimming.
- Family Swim:** During this session 4 lanes will be available, 1 lane per family bubble, max of 6 people – includes babies & children. Adults/children 12+ should adhere to social distancing. Pool ratios apply. The baby pool will be available for use during this session. Please be courteous to other pool users. One family max.
- Quiet Swim:** Designed for swimmers who, because of COVID-19 have not felt comfortable returning to swimming. This session will run with a reduced capacity (8max)
- Baby Pool Only:** Available to one family at a time. Max of 2 Adults. For baby & pre-primary age children & adults only. Pool ratios apply