

	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00
MON	ADULTS ONLY						AQUA CLASS 9.25-10.15 (Full Pool)		OPEN SWIMMING										SWIMEZE 15.45-17.45 (Full Pool)		OPEN SWIMMING									
TUE	ADULTS ONLY					AQUA CLASS 09.00-09.45 (Full Pool)		OPEN SWIMMING										SWIMKIDZ 16.15-18.15 (Full Pool)		OPEN SWIMMING	AQUA CLASS 18.40 - 19.30 (Full Pool)	ADULTS ONLY								
WED	ADULTS ONLY					AQUA CLASS 09.00-09.45 (Full Pool)		PUDDLEDUCKS 10.00-11.30 (Full Pool)		OPEN SWIMMING										SWIMKIDZ 15.45-17.45 (Full Pool)		OPEN SWIMMING		Ladies Only Private Lessons	ADULTS ONLY					
THU	ADULTS ONLY		AQUA CLASS 08.00-08.45 (Full Pool)		ADULTS ONLY				OPEN SWIMMING										PUDDLEDUCKS 15:45-18:15 Full pool		OPEN SWIMMING	AQUA CLASS 18.40-19.30 (Full Pool)		ADULTS ONLY						
FRI	ADULTS ONLY					AQUA CLASS 9.20-10.05 (Full Pool)		ADULTS ONLY	PUDDLEDUCKS 10.45-12.45 (Full Pool)			OPEN SWIMMING						PUDDLEDUCKS 15:30-18:00 (Full Pool)		OPEN SWIMMING			POOL CLOSED							
SAT	POOL CLOSED		ADULTS ONLY			PUDDLEDUCKS 09.30-12.30 (Full Pool)				OPEN SWIMMING						POOL CLOSED														
SUN	POOL CLOSED		ADULTS ONLY			SWIMKIDZ 09.30-12.30 (Full Pool)				OPEN SWIMMING						POOL CLOSED														

POOL TIMETABLE

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When there is a rope lane in the pool Monday – Friday, the swim lane is reserved for adults only swimming. However, children may swim in the lane on a weekend.

Swim at your own risk. Reflexions Health & Leisure do not provide lifeguards at any time.

