

School Holiday Swimming

■ Pre-bookable lessons
 ■ Adult turn up and swim sessions
 ■ Turn up fun swims

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|-----------------|----------------------------|------------------------------|---------------|---------------------------------|------------------------------|---------------|----------------------------|--|---------------|
| 6.15 – 7.30am | Adult swim | | | Adult swim | | | | | |
| 7.30 – 8.00am | | | | | | | | | |
| 8.00 – 8.30am | | | Adult swim | | | | | | |
| 8.30 – 9.00am | | | | | | | | | |
| 9.00 – 9.30am | Crash Course | Crash Course | Crash Course | Crash Course | Crash Course | | | | |
| 9.30 – 10.00am | Crash Course | Crash Course | Crash Course | Crash Course | Crash Course | | | | |
| 10.00 – 10.30am | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | | 1 to 1 Lesson | | |
| 10.30 – 11.00am | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | | |
| 11.00 – 11.30am | Fun Swim | Fun Swim | Fun Swim | Aquaerobics | Fun Swim | 1 to 1 Lesson | 1 to 1 Lesson | | |
| 11.30 – 12.00am | | | | | | 1 to 1 Lesson | Fun Swim | | |
| 12.00 – 12.30pm | | | | Under 5's Only fun swim | | Party booking | | | |
| 12.30 – 1.00pm | | | | | | | | | |
| 1.00 – 1.30pm | Adult swim | Adult swim | Adult swim | Adult swim | Adult swim | | | | |
| 1.30 – 2.00pm | | | | | | | | | |
| 2.00 – 2.30pm | Under 3's Splash n sing | Inflatable Fun Over 8's | Fun Swim | Fun Swim | Inflatable Fun Under 10's | Party booking | | | |
| 2.30 – 3.00pm | | | | | | | | | |
| 3.00 – 3.30pm | Aquaerobics | Inflatable Fun Under 10's | | | | | Inflatable Fun Over 8's | | Party booking |
| 3.30 – 4.00pm | | | | | | | | | |
| 4.00 – 4.30pm | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | Snorkelling Scuba Synchro | 1 to 1 Lesson | Party booking | | | |
| 4.30 – 5.00pm | 1 to 1 Lesson | 1 to 1 Lesson | 1 to 1 Lesson | | 1 to 1 Lesson | | | | |
| 5.00 – 5.30pm | 1 to 1 Lesson | | 1 to 1 Lesson | Life saving Swim Camp | | | Party booking | | |
| 5.30 – 6.00pm | 1 to 1 Lesson | | 1 to 1 Lesson | | | | | | |
| 6.00 – 6.30pm | 1 to 1 Lesson | | 1 to 1 Lesson | 1 to 1 Lesson | | | | | |
| 6.30 – 7.00pm | 1 to 1 Lesson | | 1 to 1 Lesson | Adult Swim | | | | | |
| 7.00 – 7.30pm | Adult swim | | 1 to 1 Lesson | | | | | | |
| 7.30 – 8.00pm | | | | | | | | | |
| 8.00 – 8.30pm | | | Aquaerobics | | | | | | |
| 8.30 – 9.00pm | Ladies only swim | | | | | | | | |
| 9.00 – 9.30pm | | | | | | | | | |

All times correct at time of going to press. [Please see website for latest times.](#)