

Members' Activity Timetable

Monday 24th February - Sunday 1st March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	06:00 - 07:30 Lane Swimming 07:30 - 09:00 Members' Swim 09:00 - 10:30 Adult Only Lane Swimming 11:30 - 14:00 Members' Swim 15:00 - 16:30 Adult Only Lane Swimming 17:30 - 21:00 Adult Only Lane Swimming	06:00 - 07:30 Lane Swimming 07:30 - 08:45 Members' Swim 08:45 - 09:45 Adult Only Lane Swimming 09:45 - 10:30 Members' Swim 11:30 - 14:00 Members' Swim 17:30 - 19:30 Members' Swim	06:00 - 07:30 Lane Swimming 07:30 - 08:30 Members' Swim 08:30 - 11:30 Adult Only Lane Swimming 12:30 - 13:45 Members' Swim 16:00 - 18:00 Adult Only Lane Swimming 18:00 - 19:30 Members' Swim	06:00 - 07:30 Lane Swimming 07:30 - 08:30 Members' Swim 08:30 - 09:15 Adult Only Lane Swimming 09:15 - 10:30 Members' Swim 11:30 - 12:30 Adult Only Lane Swimming 12:30 - 14:00 Members' Swim 17:30 - 19:00 Member Swim 19:00 - 20:00 Adult Only Lane Swimming	06:00 - 07:30 Lane Swimming 07:30 - 10:30** Members' Swim 11:30 - 15:30 Members' Swim 18:00 - 19:00 Members' Swim	08:00 - 09:30 Members' Swim 09:30 - 11:00 Family Splash 11:00 - 14:00 Adult Only Lane Swimming 17:00 - 19:00 Members' Swim 19:00 - 20:00 Adult Only Lane Swimming	09:00 - 10:30 Members' Swim 10:30 - 13:30 Family Splash 16:00 - 17:30 Members' Swim
Sauna	07:00 - 16:30 17:30 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 14:00 16:00 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 15:30 18:00 - 21:00	09:00 - 14:00 17:00 - 20:00	10:00 - 15:00 16:00 - 19:00
Fitness Suite	06:00 - 09:45 11:00 - 16:30 18:00 - 21:00	06:00 - 09:45 11:00 - 14:00 18:00 - 21:00	06:00 - 15:00 16:30 - 21:00	06:00 - 11:30 12:45 - 14:00 18:00 - 21:00	06:00 - 11:30 12:45 - 16:30 18:00 - 21:00	08:00 - 14:00 17:00 - 20:00	09:00 - 13:00 16:00 - 19:30
Athletics Track	08:00 - 16:00 17:00 - 18:00	08:00 - 17:30	08:00 - 18:00	08:00 - 17:30	08:00 - 18:00	08:00 - 18:00	13:00 - 18:00
Clay Tennis Courts	08:00 - 11:00 12:00 - 16:30 19:30 - 21:00	08:00 - 11:00 12:00 - 17:15 20:15 - 21:00	08:00 - 11:00 12:00 - 14:00 16:00 - 21:00	08:00 - 11:00 12:00 - 16:30 20:15 - 21:00	08:00 - 11:00 12:00 - 16:30 19:00 - 21:00	09:00 - 14:00 17:00-20:00	09:00 - 14:00 17:00-19:00

Adult Only Swimming - Adult Members (aged 16+).

Adult Only Lane Swimming - Lane Swimming in half the pool for Adult Members only (aged 16+) with a private activity in the other half.

Family Splash - Sessions for families with floats and toys in half the pool and Lane Swimming in the other half.

Lane Swimming - Lane Swimming in half the pool for Members only with a private activity in the other half.

Members' Swim - Lane Swimming in half the pool for Members and half the pool open for Members' casual swimming.

Athletics Track - Inside two lanes of the Track are not to be used.

Tennis Courts - Please book at Reception.

****Friday (09:00 - 11:30) - This session is shared with Active Life Members**