

Members' Activity Timetable

Monday 29th April - Sunday 5th May 2019

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