	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25m Pool	Diving End	Fun Pool End	25m Pool	Diving End	
6.30 - 7.00										Club Lane												6.30 - 7.00
7.00 - 7.30	Club Swimming 6.00-7.30	50m Lane Swim 7.00-8.30			25m Lane Swim 7.00 -8.30		Club Swimming 7.00- 8.00	50m Lane Swim 6.30-8.30		50m Lane Swim 7.00-8.30				Club Lane	25m Lane Swim 6.30 8.30		Club Lane					7.00 - 7.30
7.30 - 8.00						Shallow Water 07.45									Aqua Circuits 07.45							7.30 - 8.00
8.00 - 8.30																Lessons	Lesson	Diving Lessons	Lessons	Lesson	Diving Lessons	8.00 - 8.30
8.30 - 9.00	Floor Change			Floor Change			Floor Change			Floor Change			Floor Change									8.30 - 9.00
9.00 - 9.30	School	Leisure/Lane Swim		School	Leisure/Lane Swim	School	NPLQ Training			School	Leisure/Lane Swim		School	Leisure/Lane Swim	School		Lane Swim			Lane Swim		9.00 - 9.30
9.30 - 10.00			Shallow Water Workout 09.30						Shallow water Workout 09.45													9.30 - 10.00
10.00 - 10.30	School		Swim for Older Adults 1.4m	School		School	School	Leisure/Lane Swim	School	School		Shallow Water Workout 10.45	School		School		Leisure/Lane Swim	Leisure Swim		Leisure/lane Swim	Leisure Swim	10.00 - 10.30
10.30 - 11.00																						10.30 - 11.00
11.00 - 11.30	School			School		School	School		School	School			School		School							11.00 - 11.30
11.30 - 12.00			Leisure Swim 1.4m			Leisure Swim 1.4m			Leisure Swim 1.4m			Leisure Swim 1.4m			Leisure Swim 1.4m							11.30 - 12.00
12.00 - 12.30																	Leisure/Lane Swim	Leisure Swim		Leisure/Lane Swim	Leisure Swim	12.00 - 12.30
12.30 - 13.00																						12.30 - 13.00
13.00 - 13.30	School		School	School		School	School			School		School	School		School							13.00 - 13.30
13.30 - 14.00									Shallow water workout 13.30													13.30 - 14.00
14.00 - 14.30	School		School	School		School	School			School		School	School		School	Leisure Swim	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Leisure Swim	14.00 - 14.30
14.30 - 15.00									Swim for Older Adults 1.4m													14.30 - 15.00
15.00 - 15.30	Floor Change		Floor Change	Floor Change		Floor Change	Floor Change		Floor Change	Floor Change		Floor Change	Floor Change		Floor Change							15.00 - 15.30
15.30 - 16.00																						15.30 - 16.00
16.00 - 16.30	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Lessons	Leisure/Lane Swim	Lessons	Party Hire	Leisure/Lane Swim	Leisure Swim	Leisure Swim	Leisure/Lane Swim	Public Diving	16.00 - 16.30
16.30 - 17.00																						16.30 - 17.00
17.00 - 17.30																Facility closes to the general public at 5pm			Club Swim			17.00 - 17.30
17.30 - 18.00																						17.30 - 18.00
18.00 - 18.30																						18.00 - 18.30
18.30 - 19.00																						18.30 - 19.00
19.00 - 19.30	Leis Swim		Shallow Water Workout 19.15	Leisure Swim		Deep water workout 19.15	Leisure Swim		Shallow Water Workout 19.15	Leis Swim			Floor Change									19.00 - 19.30
19.30 - 20.00													50m Adult Lane Swim	50m Club Swim								19.30 - 20.00
20.00 - 20.30	Leisure Swim Adults	Lane Swim Adults	Club Swim	Leisure Swim Adult	Lane Swim Adult	Club Swim	Leisure Swim	Club Swim		Leisure Swim Adult	Lane Swim Adult	Club Swim	Diving Lessons						Facility closes to the general public at 5pm			20.00 - 20.30
20.30 - 21.00			Public Diving			Public Diving																20.30 - 21.00
21.00 - 21.30			Sub Aqua Club																			21.00 - 21.30
21.30 - 22.00							Floor Change						Floor Change									21.30 - 22.00