

# 1LEISURE HEIGHTS – HOLIDAY POOL PROGRAMME

## Main pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
<b>Monday</b>	Lane swim 6 to 7.30AM		Casual swim 8 to 8.45AM	Lane swim 9 to 9.45AM	Casual swim 10 to 10.45AM	Aqua 11 to 11.45AM	Lane swim 12 to 1PM		Casual swim 1.30 to 3.30PM		Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Aqua/Deep 6.30 to 7.15PM		Casual swim 8 to 9PM	
<b>Tuesday</b>	Lane swim 6 to 7.30AM	Marlins 7.30 to 8.30AM		Casual swim 9 to 10.45AM		Aqua 11 to 11.45AM	Lane swim 12 to 1PM		Casual swim 1.30 to 3.30PM		Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Casual swim 6.30 to 7.30PM		Lane swim 8 to 9PM	
<b>Wednesday</b>	Lane swim 6 to 7.30AM		Casual swim 8 to 8.45AM	Lane swim 9 to 9.45AM	Casual swim 10 to 10.45AM	Aqua 11 to 11.45AM	Lane swim 12 to 1PM		Casual swim 1.30 to 3.30PM		Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Aqua/Deep 6.30 to 7.15PM		Casual swim 8 to 9PM	
<b>Thursday</b>	Lane swim 6 to 7.30AM	Marlins 7.30 to 8.30AM		Casual swim 9 to 10.45AM		Aqua 11 to 11.45AM	Lane swim 12 to 1PM		Casual swim 1.30 to 3.30PM		Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Casual swim 6.30 to 7.30PM		Lane swim 8 to 9PM	
<b>Friday</b>	Lane swim 6 to 7.30AM		Casual swim 8 to 8.45AM	Lane swim 9 to 9.45AM	Casual swim 10 to 10.45AM	Aqua 11 to 11.45AM	Lane swim 12 to 1PM		Casual swim 1.30 to 3.30PM		Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Aqua 6.30 to 7.15PM		Casual swim 8 to 9PM	
<b>Saturday</b>				Swimming lessons 8.30 to 11.30AM			Casual swim 11.30AM to 3PM			Swim parties 3.15 to 4.15PM	Saturday night club 4.30 to 5.30PM					
<b>Sunday</b>			Lane swim 8 to 8.45AM	Casual swim 9AM to 12.30PM				Casual swim 1 to 4PM								

# 1LEISURE HEIGHTS – HOLIDAY POOL PROGRAMME

## Small pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
<b>Monday</b>				<b>Casual swim</b> 9 to 9.45AM	<b>Aqua</b> 10 to 10.45AM		<b>Casual swim</b> 12 to 1PM		<b>Casual swim</b> 1.30 to 3.30PM			<b>Swimming lessons</b> 4 to 5.30PM				
<b>Tuesday</b>				<b>Casual swim</b> 9 to 9.45AM	<b>Aqua babes</b> 10 to 11AM		<b>Casual swim</b> 12 to 1PM		<b>Casual swim</b> 1.30 to 3.30PM			<b>Swimming lessons</b> 4 to 5.30PM				
<b>Wednesday</b>				<b>Casual swim</b> 9 to 9.45AM	<b>Aqua</b> 10 to 10.45AM		<b>Casual swim</b> 12 to 1PM		<b>Casual swim</b> 1.30 to 3.30PM			<b>Swimming lessons</b> 4 to 5.30PM				
<b>Thursday</b>				<b>Casual swim</b> 9 to 9.45AM	<b>Aqua babes</b> 10 to 11AM		<b>Casual swim</b> 12 to 1PM		<b>Casual swim</b> 1.30 to 3.30PM			<b>Swimming lessons</b> 4 to 5.30PM				
<b>Friday</b>				<b>Casual swim</b> 9 to 9.45AM	<b>Aqua</b> 10 to 10.45AM		<b>Casual swim</b> 12 to 1PM		<b>Casual swim</b> 1.30 to 3.30PM			<b>Swimming lessons</b> 4 to 5.30PM				
<b>Saturday</b>				<b>Swimming lessons</b> 8.30 to 11.30AM			<b>Casual swim</b> 11.30AM to 3PM				<b>Swim parties</b> 3.15 to 4.15PM	<b>Saturday night club</b> 4.30 to 5.30PM				
<b>Sunday</b>				<b>Casual swim</b> 9AM to 12.30PM					<b>Casual swim</b> 1 to 4PM							