

LEISURE HEIGHTS POOL PROGRAMME

Main pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
Monday		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	School swim 1.30 to 2.30PM	Casual swim 3 to 3.45PM	Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Deep swim 6.30 to 7.15PM	Casual swim 7.30 to 8.45PM			
Tuesday		Lane swim 6 to 7.30AM	Martins 7.30 to 8.30AM	Casual swim 9 to 9.45AM	Adult lessons 10 to 11AM	Aqua 11 to 11.45AM	Lane swim 12 to 1PM	School swim 1.30 to 2.30PM	Casual swim 3 to 3.45PM	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			
Wednesday		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	School swim 1.30 to 2.30PM	Casual swim 3 to 3.45PM	Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Aqua/ Deep swim 6.30 to 7.15PM	Casual swim 7.30 to 8.45PM			
Thursday		Lane swim 6 to 7.30AM	Martins 7.30 to 8.30AM	Casual swim 9 to 9.45AM	Casual swim 10 to 10.45AM	Aqua 11 to 11.45AM	Lane swim 12 to 1PM	School swim 1.30 to 2.30PM	Casual swim 3 to 3.45PM	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			
Friday		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	School swim 1.30 to 2.30PM	Casual swim 3 to 3.45PM	Swimming lessons 4 to 5.30PM	Lane swim 5.30 to 6.15PM	Aqua 6.30 to 7.15PM	Casual swim 7.30 to 8.45PM			
Saturday				Swimming lessons 8.30 to 11.30AM				Casual swim 11.30AM to 3PM			Swim parties 3.15 to 4.15PM	Saturday night swim 4.30 to 5.30PM				
Sunday			Lane swim 8 to 8.45AM		Casual swim 9AM to 12.30PM				Casual swim 1 to 4PM							

Small pool

	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
Monday				Casual swim 9 to 9.45AM	Aqua 10 to 10.45AM		Casual swim 12 to 1PM	School swim 1.30 to 2.30PM			Swimming lessons 4 to 5.30PM					
Tuesday				Casual swim 9 to 9.45AM	Aqua habes 10 to 11AM		Casual swim 12 to 1PM	School swim 1.30 to 2.30PM			Swimming lessons 4 to 5.30PM					
Wednesday				Casual swim 9 to 9.45AM	Aqua 10 to 10.45AM		Casual swim 12 to 1PM	School swim 1.30 to 2.30PM			Swimming lessons 4 to 5.30PM					
Thursday				Casual swim 9 to 9.45AM	Aqua habes 10 to 11AM		Casual swim 12 to 1PM	School swim 1.30 to 2.30PM			Swimming lessons 4 to 5.30PM					
Friday				Casual swim 9 to 9.45AM	Aqua 10 to 10.45AM		Casual swim 12 to 1PM	School swim 1.30 to 2.30PM			Swimming lessons 4 to 5.30PM					
Saturday				Swimming lessons 8.30 to 11.30AM				Casual swim 11.30AM to 3PM			Swim parties 3.15 to 4.15PM	Saturday night swim 4.30 to 5.30PM				
Sunday					Casual swim 9AM to 12.30PM				Casual swim 1 to 4PM							