

# 1LEISURE 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	Aqua/ Deep 6.30 to 7.15PM	Casual swim 7.30 to 8.45PM	
Tuesday	Lane swim 6 to 7.30AM	Marlins 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 6.30 to 7.15PM	Casual swim 7.30 to 8.45PM	
Thursday	Lane swim 6 to 7.30AM	Marlins 7.30 to 8.30AM		Casual swim 9 to 9.45AM	Casual swim 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
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 club 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 babes 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 babes 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 club 4.30 to 5.30PM			
Sunday				Casual swim 9AM to 12.30PM				Casual swim 1 to 4PM								