

1 LEISURE MEDINA SWIM TIMETABLE

MAIN POOL

MONDAY

6.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30 to 11.30am	Casual swim*
11.45am to 1.00pm	Lane swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.20 to 6.10pm	Lane swim
6.15 to 8.15pm	Seaclose
8.15 to 9.15pm	Swim for fitness

TUESDAY

6.15 to 7.15am	Seaclose
7.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
11.15 to 11.45am	Adult lessons
11.45am to 1.00pm	Lane swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Lane swim
6.30 to 7.15pm	Casual swim*
7.30 to 8.15pm	Aquacise
8.30 to 9.15pm	Lane swim

WEDNESDAY

6.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30am to 12.00pm	School swim
12.00 to 1.00pm	Lane swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.20 to 6.10pm	Lane swim
6.15 to 8.15pm	Seaclose
8.15 to 9.15pm	Casual swim

THURSDAY

6.15 to 7.15am	Seaclose
7.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30 to 11.30am	Casual swim
11.45am to 1.00pm	Lane swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.20 to 6.25pm	Lane swim
6.30 to 7.15pm	Casual swim*
7.30 to 8.15pm	Aquacise
8.30 to 9.15pm	Staff training

FRIDAY

6.15 to 8.15am	Lane swim
8.15 to 9.00am	Casual swim*
9.15 to 10.00am	Aquacise
10.30am to 12.00pm	School swim
12.00 to 1.00pm	Lane swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.20 to 6.10pm	Lane swim
6.15 to 8.15pm	Seaclose
8.15 to 9.15pm	Casual swim

SATURDAY

6.00 to 9.30am	Seaclose
9.30am to 1.00pm	Swimming lessons
1.05 to 2.00pm	Fun session
2.05 to 3.00pm	Casual swim*
3.15 to 4.15pm	Swim parties

SUNDAY

9.00am to 12.30pm	Casual swim
1.00 to 2.00pm	Fun session
2.00 - 4.00pm	Casual swim*

1LEISURE MEDINA SWIM TIMETABLE

SMALL POOL

MONDAY

10.30 to 11.15am	Aqua babes
11.15am to 12.00pm	Aqua babes
12.00 to 1.00pm	Casual swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.30 to 6.10pm	Casual swim

TUESDAY

10.30 to 11.15am	Aqua babes
11.15 to 11.45am	Adult lessons
12.00 to 1.00pm	Casual swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.30 to 6.25pm	Casual swim

WEDNESDAY

10.30am to 12.00pm	School swim
12.00 to 1.00pm	Casual swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.30 to 6.10pm	Casual swim

THURSDAY

8.00 to 8.45am	Aqua shallow
10.30 to 11.15am	Aqua babes
11.15am to 12.00pm	Aqua babes
12.00 to 1.00pm	Casual swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.30 to 6.25pm	Casual swim

FRIDAY

10.30am to 12.00pm	School swim
12.00 to 1.00pm	Casual swim
1.15 to 3.00pm	School swim
3.45 to 5.15pm	Swimming lessons
5.30 to 6.10pm	Casual swim

SATURDAY

8.30am to 1.00pm	Swimming lessons
1.05 to 2.00pm	Fun session
2.05 to 3.00pm	Casual swim
3.15 to 4.15pm	Swim parties

SUNDAY

9.00am to 12.30pm	Casual swim
1.00 to 2.00pm	Fun session
2.00 to 4.00pm	Casual swim