

# MAIN POOL

# MEDINA SWIM TIMETABLE



MONDAY	
6.00 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	
6.00 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	
6.00 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	
6.45 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*
3.00 to 4.00pm	Swim parties

SUNDAY	
9.00 to 10.00am	Casual swim*
10.05 to 11.15am	Fun session
11.20am to 12.30pm	Casual swim*
12.45 to 2.45pm	Fun session
3.00 to 4.00pm	Casual swim*

\*Two lanes in session

# SMALL POOL

# MEDINA SWIM TIMETABLE

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
5.20 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
5.20 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
5.20 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
5.20 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
5.20 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
3.00 to 4.00pm	Swim parties

SUNDAY	
9.00 to 10.00am	Casual swim
10.05 to 11.15am	Fun session
11.20am to 12.30pm	Casual swim
12.45 to 2.45pm	Fun session
3.00 to 4.00pm	Casual swim