

Running from Saturday 14th February to Sunday 22nd February 2026

MONDAY		TUESDAY		WEDNESDAY	
6.00 to 7.30am	Lane swim	6.00 to 7.30am	Lane swim	6.00 to 7.30am	Lane swim
7.30 to 9.00am	Casual swim	7.30 to 8.30am	Marlins	7.30 to 9.00am	Casual swim
9.00 to 9.55am	Lane swim	9.00 to 9.45am	Aquacise	9.00 to 9.55am	Lane swim
10.00 to 10.50am	Casual swim	10.00 to 10.50am	Casual swim	10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise	11.00 to 11.45am	Aquacise	11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim	11.50am to 1.00pm	Lane swim	11.50am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session	1.05 to 2.20pm	Fun session	1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session	2.30 to 3.45pm	Fun session	2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Lane swim	5.35 to 6.25pm	Lane swim	5.35 to 6.25pm	Lane swim
6.30 to 7.15pm	Aqua/Deep	6.30 to 7.30pm	Casual swim	6.30 to 7.15pm	Aqua/Deep
7.30 to 9.00pm	Casual swim	8.00 to 9.00pm	Lane swim	7.30 to 9.00pm	Casual swim
THURSDAY		FRIDAY		SATURDAY	
6.00 to 7.30am	Lane swim	6.00 to 7.30am	Lane swim	8.30 to 11.30am	Swimming lessons
7.30 to 8.30am	Marlins	7.30 to 9.00am	Casual swim	11.30am to 2.00pm	Fun session
9.00 to 9.45am	Aquacise	9.00 to 9.55am	Lane swim	2.00 to 2.55pm	Casual swim
10.00 to 10.50am	Casual swim	10.00 to 10.50am	Casual swim	3.00 to 3.45pm	Swim parties
11.00 to 11.45am	Aquacise	11.00 to 11.45am	Aquacise		
11.50am to 1.00pm	Lane swim	11.50am to 1.00pm	Lane swim		
1.05 to 2.20pm	Fun session	1.05 to 2.20pm	Fun session		
2.30 to 3.45pm	Fun session	2.30 to 3.45pm	Fun session		
4.00 to 5.30pm	Swimming lessons	4.00 to 5.30pm	Casual swim		
5.35 to 6.25pm	Lane swim	5.35 to 6.25pm	Lane swim		
6.30 to 8.00pm	Casual swim	6.30 to 7.15pm	Aquacise		
8.00 to 9.00pm	Lane swim	7.30 to 9.00pm	Casual swim		

## SMALL POOL HEIGHTS HOLIDAY SWIM TIMETABLE

MONDAY		TUESDAY		WEDNESDAY	
9.00 to 9.55am	Casual swim	10.00 to 11.00am	Aqua babes	9.00 to 9.55am	Casual swim
10.00 to 10.45am	Aquacise	11.50am to 1.00pm	Casual swim	10.00 to 10.45am	Aquacise
11.50am to 1.00pm	Casual swim	1.05 to 2.20pm	Fun session	11.50am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session	2.30 to 3.45pm	Fun session	1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session	4.00 to 5.30pm	Swimming lessons	2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons	5.35 to 6.25pm	Casual swim	4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Casual swim			5.35 to 6.25pm	Casual swim
THURSDAY		FRIDAY		SATURDAY	
10.00 to 11.00am	Aqua babes	9.00 to 9.55am	Casual swim	8.30 to 11.30am	Swimming lessons
11.50am to 1.00pm	Casual swim	10.00 to 10.45am	Aquacise	11.30am to 2.00pm	Fun session
1.05 to 2.20pm	Fun session	11.50am to 1.00pm	Casual swim	2.00 to 2.55pm	Casual swim
2.30 to 3.45pm	Fun session	1.05 to 2.20pm	Fun session	3.00 to 3.45pm	Swim parties
4.00 to 5.30pm	Swimming lessons	2.30 to 3.45pm	Fun session		
5.35 to 6.25pm	Casual swim	4.00 to 5.30pm	Casual swim		
		5.35 to 6.25pm	Casual swim		
SUNDAY		SUNDAY		SUNDAY	
				9.00 to 11.30am	Fun session
				11.30am to 12.30pm	Casual swim
				12.45 to 2.45pm	Fun session
				2.45 to 4.00pm	Casual swim