

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

MONDAY

| | |
|-------------------|-------------------------|
| 6.00 to 8.15am | Lane swim |
| 8.15 to 9.00am | Casual swim* |
| 9.15 to 10.00am | Aquacise |
| 10.05 to 10.45am | Water Wellness (Level1) |
| 10.50 to 11.30am | Water Wellness (Level2) |
| 11.45am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 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 |
| 10.30 to 11.30am | Fun session |
| 11.45am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 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 |

FRIDAY

| | |
|-------------------|------------------|
| 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 | Fun session |
| 11.45am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 3.45 to 5.15pm | Swimming lessons |
| 5.20 to 6.10pm | Lane swim |
| 6.30 to 7.15pm | Casual swim* |
| 7.30 to 8.15pm | Aquacise |
| 8.30 to 9.15pm | Casual swim |

WEDNESDAY

| | |
|-------------------|------------------|
| 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 | Fun session |
| 11.45am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 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 2.05pm | Fun session |
| 2.05 to 3.00pm | Casual swim* |
| 3.00 to 4.00pm | Swim parties |

SUNDAY

| | |
|--------------------|--------------|
| 9.00 to 10.00am | Casual swim* |
| 10.00 to 11.45am | Fun session |
| 11.45am to 12.45pm | Casual swim* |
| 1.00 to 3.00pm | Fun session |
| 3.00 to 4.00pm | Casual swim* |

*Two lanes in session

SMALL POOL

MEDINA HOLIDAY SWIM TIMETABLE

MONDAY

| | |
|-------------------|------------------|
| 11.45am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 3.45 to 5.15pm | Swimming lessons |
| 5.20 to 6.10pm | Casual swim |

TUESDAY

| | |
|-------------------|------------------|
| 10.30 to 11.30am | Fun session |
| 11.45am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 3.45 to 5.15pm | Swimming lessons |
| 5.20 to 6.25pm | Casual swim |

WEDNESDAY

| | |
|-------------------|------------------|
| 10.30 to 11.30am | Fun session |
| 11.45am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 3.45 to 5.15pm | Swimming lessons |
| 5.20 to 6.10pm | Casual swim |

FRIDAY

| | |
|-------------------|------------------|
| 10.30 to 11.30am | Fun session |
| 11.45am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.25 to 3.35pm | Fun session |
| 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 2.05pm | Fun session |
| 2.05 to 3.00pm | Casual swim |
| 3.00 to 4.00pm | Swim parties |

SUNDAY

| | |
|--------------------|-------------|
| 9.00 to 10.00am | Casual swim |
| 10.00 to 11.45am | Fun session |
| 11.45am to 12.45pm | Casual swim |
| 1.00 to 3.00pm | Fun session |
| 3.00 to 4.00pm | Casual swim |