

MAIN POOL

HEIGHTS HOLIDAY SWIM TIMETABLE



Running from Saturday 28th March to Sunday 12th April 2026

| MONDAY | |
|-------------------|------------------|
| 6.00 to 7.30am | Lane swim |
| 7.30 to 9.00am | Casual swim |
| 9.00 to 9.55am | Lane swim |
| 10.00 to 10.50am | Casual swim |
| 11.00 to 11.45am | Aquacise |
| 11.50am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Lane swim |
| 6.30 to 7.15pm | Aqua/Deep |
| 7.30 to 9.00pm | Casual swim |

| TUESDAY | |
|-------------------|------------------|
| 6.00 to 7.30am | Lane swim |
| 7.30 to 8.30am | Marlins |
| 9.00 to 9.45am | Aquacise |
| 10.00 to 10.50am | Casual swim |
| 11.00 to 11.45am | Aquacise |
| 11.50am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Lane swim |
| 6.30 to 7.30pm | Casual swim |
| 8.00 to 9.00pm | Lane swim |

| WEDNESDAY | |
|-------------------|------------------|
| 6.00 to 7.30am | Lane swim |
| 7.30 to 9.00am | Casual swim |
| 9.00 to 9.55am | Lane swim |
| 10.00 to 10.50am | Casual swim |
| 11.00 to 11.45am | Aquacise |
| 11.50am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Lane swim |
| 6.30 to 7.15pm | Aqua/Deep |
| 7.30 to 9.00pm | Casual swim |

| THURSDAY | |
|-------------------|------------------|
| 6.00 to 7.30am | Lane swim |
| 7.30 to 8.30am | Marlins |
| 9.00 to 9.45am | Aquacise |
| 10.00 to 10.50am | Casual swim |
| 11.00 to 11.45am | Aquacise |
| 11.50am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Lane swim |
| 6.30 to 8.00pm | Casual swim |
| 8.00 to 9.00pm | Lane swim |

| FRIDAY | |
|-------------------|-------------|
| 6.00 to 7.30am | Lane swim |
| 7.30 to 9.00am | Casual swim |
| 9.00 to 9.55am | Lane swim |
| 10.00 to 10.50am | Casual swim |
| 11.00 to 11.45am | Aquacise |
| 11.50am to 1.00pm | Lane swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Casual swim |
| 5.35 to 6.25pm | Lane swim |
| 6.30 to 7.15pm | Aquacise |
| 7.30 to 9.00pm | Casual swim |

| SATURDAY | |
|-------------------|------------------|
| 8.30 to 11.30am | Swimming lessons |
| 11.30am to 2.00pm | Fun session |
| 2.00 to 2.55pm | Casual swim |
| 3.00 to 3.45pm | Swim parties |

| SUNDAY | |
|--------------------|-------------|
| 8.00 to 8.55am | Lane swim |
| 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 |

SMALL POOL

HEIGHTS HOLIDAY SWIM TIMETABLE

| MONDAY | |
|-------------------|------------------|
| 9.00 to 9.55am | Casual swim |
| 10.00 to 10.45am | Aquacise |
| 11.50am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Casual swim |

| TUESDAY | |
|-------------------|------------------|
| 10.00 to 11.00am | Aqua babes |
| 11.50am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Casual swim |

| WEDNESDAY | |
|-------------------|------------------|
| 9.00 to 9.55am | Casual swim |
| 10.00 to 10.45am | Aquacise |
| 11.50am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Casual swim |

| THURSDAY | |
|-------------------|------------------|
| 10.00 to 11.00am | Aqua babes |
| 11.50am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Swimming lessons |
| 5.35 to 6.25pm | Casual swim |

| FRIDAY | |
|-------------------|-------------|
| 9.00 to 9.55am | Casual swim |
| 10.00 to 10.45am | Aquacise |
| 11.50am to 1.00pm | Casual swim |
| 1.05 to 2.20pm | Fun session |
| 2.30 to 3.45pm | Fun session |
| 4.00 to 5.30pm | Casual swim |
| 5.35 to 6.25pm | Casual swim |

| SATURDAY | |
|-------------------|------------------|
| 8.30 to 11.30am | Swimming lessons |
| 11.30am to 2.00pm | Fun session |
| 2.00 to 2.55pm | Casual swim |
| 3.00 to 3.45pm | Swim parties |

| 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 |