

MAIN POOL

MEDINA HOLIDAY SWIM TIMETABLE



Running from Saturday 28th March to Sunday 12th April 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

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	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	Staff training

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
6.15 to 8.15pm	Seaclose
8.15 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

THURSDAY	
8.00 to 8.45am	Aqua shallow
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

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

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

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

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