

Monday 23 December

| Times | Boom Area | Pool Area |
|-------------|-----------|-------------------|
| 07:15-08:50 | | Lane Swimming |
| 09:00-11:50 | | 25m Open Swimming |
| 12:00-13:00 | | Lane Swimming |
| 13:15-20:00 | | 25m Open Swimming |
| 20:15-21:30 | | Lane Swimming |

Tuesday 24 December

| Times | Boom Area | Pool Area |
|-------------|---------------------------|-------------------|
| 08:15-09:00 | | Lane Swimming |
| 09:15-10:15 | | 25m Open Swimming |
| 10:30-11:15 | Experienced Aquafit Class | 16m Open Swimming |
| 11:30-12:00 | Gentle Aquafit Class | 16m Open Swimming |
| 12:15-13:00 | | Lane Swimming |
| 13:15-15:45 | | 25m Open Swimming |

Friday 27 December

| Times | Boom Area | Pool Area |
|-------------|-----------|-------------------|
| 07:15-08:50 | | Lane Swimming |
| 09:00-11:50 | | 25m Open Swimming |
| 12:00-13:00 | | Lane Swimming |
| 13:15-20:00 | | 25m Open Swimming |
| 20:15-21:30 | | Lane Swimming |

Saturday 28 December

| Times | Boom Area | Pool Area |
|-------------|---------------------|----------------------------|
| 08:15-09:00 | | Lane Swimming |
| 09:15-13:45 | | 25m Open Swimming |
| 14:00-14.50 | | <i>Fun Session 1</i> |
| 15.10-16.00 | | <i>Fun Session 2</i> |
| 16.15-17.45 | | Open & Lane Swimming (25m) |
| 18.15-19:00 | Pool Party Bookings | 16m Open Swimming |
| 19:00-19.30 | | 25m Open Swimming |

HEALTH SUITE TIMES

Mon, Tue, Thurs, Fri - Steam Room & Sauna from 9am, Jacuzzi from 9:30am

Wednesdays – All from 10am

Saturday - Steam Room & Sauna from 9am, Jacuzzi from 10:30am

Women only session: Mondays 8:30-9:30pm

Men only session: Saturdays 5-6pm

Monday 30 December

| Times | Boom Area | Pool Area |
|-------------|-----------|-------------------|
| 07:15-08:50 | | Lane Swimming |
| 09:00-11:50 | | 25m Open Swimming |
| 12:00-13:00 | | Lane Swimming |
| 13:15-20:00 | | 25m Open Swimming |
| 20:15-21:30 | | Lane Swimming |

Tuesday 31 December

| Times | Boom Area | Pool Area |
|-------------|---------------------------|-------------------|
| 08:15-09:00 | | Lane Swimming |
| 09:15-10:15 | | 25m Open Swimming |
| 10:30-11:15 | Experienced Aquafit Class | 16m Open Swimming |
| 11:30-12:00 | Gentle Aquafit Class | 16m Open Swimming |
| 12:15-13:00 | | Lane Swimming |
| 13:15-15:45 | | 25m Open Swimming |

Friday 3 January

| Times | Boom Area | Pool Area |
|-------------|-----------|-------------------|
| 07:15-08:50 | | Lane Swimming |
| 09:00-11:50 | | 25m Open Swimming |
| 12:00-13:00 | | Lane Swimming |
| 13:15-20:00 | | 25m Open Swimming |
| 20:15-21:30 | | Lane Swimming |

Saturday 4 January

| Times | Boom Area | Pool Area |
|-------------|---------------------|----------------------------|
| 08:15-09:00 | | Lane Swimming |
| 09:15-13:45 | | 25m Open Swimming |
| 14:00-14.50 | | <i>Fun Session 1</i> |
| 15.10-16.00 | | <i>Fun Session 2</i> |
| 16.15-17.45 | | Open & Lane Swimming (25m) |
| 18.15-19:00 | Pool Party Bookings | 16m Open Swimming |
| 19:00-19.30 | | 25m Open Swimming |

