

	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00
MONDAY	EARLY BIRDS - ADULTS ONLY						AQUA CLASS 9.30-10.15		SWIMKIDZ 10.30-11.30 (Half Pool 11.00-11.30)			OPEN SWIMMING								SWIMEZEE 15.45-17.45			OPEN SWIMMING							
TUESDAY	EARLY BIRDS - ADULTS ONLY							SWIMKIDZ 10.00-11.30 (Half Pool)				OPEN SWIMMING								SWIMKIDZ 15.45-17.15 (Half Pool 16.45-17.15)			OPEN SWIMMING		AQUA CLASS 18.45-19.30		ADULTS ONLY			
WEDNESDAY	EARLY BIRDS - ADULTS ONLY						TURTLE TOTS 9.30-12.00				OPEN SWIMMING								SWIMKIDZ 15.15-17.45 (Half Pool 15.15-15.45 & 16.45-17.45)			OPEN SWIMMING		PUDDLEDUCKS AQUANATAL 19.30-20.00		OPEN SWIMMING				
THURSDAY	EARLY BIRDS - ADULTS ONLY							SWIMKIDZ 10.00-12.00 (Half Pool)				OPEN SWIMMING								PUDDLEDUCKS 16.30-18.00 (Half Pool 17.00-18.00)			OPEN SWIMMING		AQUA CLASS 18.45-19.30		ADULTS ONLY			
FRIDAY	EARLY BIRDS - ADULTS ONLY						AQUA CLASS 9.30-10.15		PUDDLEDUCKS 10.45-13.15						OPEN SWIMMING						SWIMTIME 16.00-17.30		OPEN SWIMMING				POOL CLOSES 19.30			
SATURDAY	POOL CLOSED			ADULTS ONLY			AQUA CLASS 10.00-10.45		OPEN SWIMMING	PUDDLEDUCKS 11.00-13.00 (Half Pool 11.00-11.30)				OPEN SWIMMING					POOL CLOSES 15.30											
SUNDAY	POOL CLOSED			ADULTS ONLY				SWIM KIDZ 10.00-12.30 (Half Pool 12.30-13.30)					OPEN SWIMMING					POOL CLOSES 15.30												

POOL TIMETABLE

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When there is a rope lane in the pool Monday – Friday, the swim lane is reserved for adults only swimming. However, children may swim in the lane on a weekend.

Swim at your own risk. Reflexions Health & Leisure do not provide lifeguards at any time.

