

| | 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 | ADULTS ONLY | | | | | | AQUA CLASS 9.25-10.15 (Full Pool) | | SWIMKIDZ 10.30-12.30 (Full Pool) | | | | | | | | | | SWIMEZE 15.45-17.45 (Full Pool) | | OPEN SWIMMING | | | | | | | | | |
| TUESDAY | ADULTS ONLY | | | | | OPEN SWIMMING | | SWIMKIDZ 10.00-12.00 (Full Pool) | | | | OPEN SWIMMING | | | | | | SWIMKIDZ 15.45-18.15 (Full Pool) | | OPEN SWIMMING | AQUA CLASS 18.40-19.30 (Full Pool) | ADULTS ONLY | | | | | | | | |
| WEDNESDAY | ADULTS ONLY | | | | | | PUDDLEDUCKS 10.00-11.30 (Full Pool) | | OPEN SWIMMING | HALF POOL OPEN SWIM HALF POOL MOTHER AND TODDLER AQUA 12.00-12.20 | | OPEN SWIMMING | | | | | | SWIMKIDZ 15.45-17.45 (Full Pool) | | OPEN SWIMMING | | | | | | | | | | |
| THURSDAY | ADULTS ONLY | | | | | | SWIMKIDZ 10.00-12.00 (Full Pool) | | | | OPEN SWIMMING | | | | | | PUDDLEDUCKS 15:30-16:00 Half pool 16:00-17:30 Full pool 17:30-18:00 Half pool | | OPEN SWIMMING | AQUA CLASS 18.40-19.30 (Full Pool) | ADULTS ONLY | | | | | | | | | |
| FRIDAY | ADULTS ONLY | | | | | AQUA CLASS 9.30-10.15 (Full Pool) | ADULTS ONLY | PUDDLEDUCKS 10.45-12.45 (Full Pool) | | | | OPEN SWIMMING | | | | | | PUDDLEDUCKS 15:30-17:30 (Full Pool) | | OPEN SWIMMING | | POOL CLOSURE 19.30 | | | | | | | | |
| SATURDAY | POOL CLOSED | | ADULTS ONLY | | | PUDDLEDUCKS 10.00-13.00 (Full Pool) | | | | OPEN SWIMMING | | | | | | POOL CLOSURE 15.30 | | | | | | | | | | | | | | |
| SUNDAY | POOL CLOSED | | ADULTS ONLY | | | SWIMKIDZ 9.30-13.30 (Full Pool) | | | | | | OPEN SWIMMING | | | | | | POOL CLOSURE 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.

