

	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						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 CLOSES 19.30									
SATURDAY	POOL CLOSED		ADULTS ONLY			PUDDLEDUCKS 10.00-13.00 (Full Pool)				OPEN SWIMMING						POOL CLOSES 16.30														
SUNDAY	POOL CLOSED		ADULTS ONLY			SWIMKIDZ 9.30-13.30 (Full Pool)						OPEN SWIMMING		PUDDLEDUCKS 14.45-16.45 (Full Pool)		POOL CLOSES 16.45														

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.

