

	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 9.30-10.15 (Full Pool)		SWIMKIDZ 10.30-12.00 (Full Pool)	OPEN SWIMMING									SWIMEZE 15.45-17.45 (Full Pool)	OPEN SWIMMING										
TUESDAY	ADULTS ONLY					AQUA CLASS 9.00-09.45 (Full Pool) with Shell		SWIMKIDZ 10.00-11.30 (Full Pool)	OPEN SWIMMING									SWIMKIDZ 15.45-17.45 (Half Pool 17.15-17.45)	OPEN SWIM	AQUA CLASS 18.40-19.30 (Full Pool)	ADULTS ONLY									
WEDNESDAY	ADULTS ONLY							TURTLE TOTS 10.00-11.30 (Full Pool)	OPEN SWIMMING									SWIMKIDZ 15.45-17.45 (Half Pool 15.15-15.45 & 17.15-17.45) (Full Pool 15.45-17.45)	OPEN SWIMMING					PUDDLEDUCKS AQUANATAL	OPEN SWIMMING					
THURSDAY	ADULTS ONLY							SWIMKIDZ 10.00-12.00 (Full Pool)	OPEN SWIMMING									PUDDLEDUCKS 16.00-18.15 (Full Pool)	OPEN SWIMMING	AQUA CLASS 18.40-19.30 (Full Pool)	ADULTS ONLY									
FRIDAY	ADULTS ONLY								PUDDLEDUCKS 10.45-12.45 (Full Pool)	OPEN SWIMMING									PUDDLEDUCKS 16.00-18.00 (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.

