



integra **Pool Timetable**

FITNESS & LEISURE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6.30am-7.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
7.30am-8.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
8.30am-9.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
9.30am-10.15	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Academy	Waterbabies	
10.30am-11.15	Aqua Aerobics	Waterbabies	Aqua Aerobics	Open Swim	Aqua Aerobics		& Private Lessons	&
11.30am-12.15	11am to 11.45		11am to 11.45	Open Swim	11am to 11.45			Priv. Lessons
12.30pm-1.15	Open Swim	Open Swim	Open Swim	Open Swim	Waterbabies & Priv. Lessons	Open Swim		
1.30pm-2.15	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim		
2.30pm-3.15	Open Swim	SWIM ACADEMY & Private Lessons					Open Swim	Open Swim
3.30pm-4.15								Open Swim
4.30pm-5.15							Open Swim	Open Swim
5.30pm-6.15					Swim Club			
6.30pm-7.15					Open Swim			
7.30pm-8.15	Open Swim	Aqua Aerobics	Open Swim	Aqua Aerobics				
8.30pm-9.15	Open Swim	8pm-8.45pm	Open Swim	8pm-8.45pm				

Open Swim: 45 minute slots, maximum 10 per slot.

Aqua Aerobics: Maximum of 20 per class

Changing rooms/Shower open at users discretion however they will be closed off during Swim academy & Waterbabies

