

# Members' Activity Timetable

Monday 3rd August - Sunday 9th August 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	06:00-08:45 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming	08:00 - 11:15 Adult Only Lane Swimming	9:00 - 9:45 Adult Only Lane Swimming
	10:30-11:15 Lane Swimming	10:30-11:15 Lane Swimming	10:30-11:15 Lane Swimming	10:30-11:15 Lane Swimming	10:30-11:15 Lane Swimming	11:45 - 12:30 Family Swim	10:15 - 12:00 Family Swim
	11:45-15:00 Adult Only Lane Swimming	11:45-15:00 Adult Only Lane Swimming	11:45-15:00 Adult Only Lane Swimming	11:45-15:00 Adult Only Lane Swimming	11:45-15:00 Adult Only Lane Swimming	13:00 - 13:45 Adult Only Lane Swimming	12:30 - 13:15 Adult Only Lane Swimming
	15:30 - 18:45 Family Swim	15:30 - 17:30 Family Swim	15:30 - 17:30 Family Swim	15:30 - 17:30 Family Swim	15:30 - 17:30 Family Swim	14:15 - 17:30 Family Swim	13:45 - 15:45 Family Swim
	19:15 - 21:00 Adult Only Lane Swimming	18:00-18:45 Adult Only Lane Swimming	18:00-18:45 Adult Only Lane Swimming	18:00-18:45 Adult Only Lane Swimming	18:00-18:45 Adult Only Lane Swimming	18:00 - 20:00 Adult Only Lane Swimming	16:15 - 17:00 Adult Only Lane Swimming
Sauna	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Fitness Suite	06:00-14:30 Boys Time - 14:45-15:45	06:00-14:30 Boys Time - 14:45-15:45	06:00-14:30 Boys Time - 14:45-15:45	06:00-14:30 Boys Time - 14:45-15:45	06:00-14:30 Boys Time - 14:45-15:45	08:00 - 14:00 Boys Time - 14:15-15:15	09:15 - 14:15 Boys Time - 14:30-15:30
	16:15-22:15	16:15-22:15	16:15-22:15	16:15-22:15	16:15-22:15	15:30 - 20:00	15:45 - 19:30
Athletics Track	08:00 - 18:00	08:00 - 17:30	08:00 - 18:00	08:00 - 17:30	08:00- 17:00	08:00 - 18:00	13:00 - 18:00
Clay Tennis Courts	07:15 - 10:45 12:15 - 21:00	07:15 - 10:45 12:15 - 21:00	07:15 - 10:45 12:15 - 21:00	07:15 - 10:45 12:15 - 21:00	07:15 - 10:45 12:15 - 21:00	08:00 - 20:00	09:15 - 19:30

Adult Only Lane Swimming - Lane Swimming in the pool for Adult Members only (aged 16+) 5 members to each double lane  
Lane Swimming - Lane swimming is for both adults and children. Children must be competent swimmers who can confidently swim lengths

Family Swim - Sessions for families in their own allocated double lane

Athletics Track - Inside two lanes of the Track are not to be used.

Please book all Fitness Suite, Swimming and Tennis courts online.