

Members' Activity Timetable

Monday 10th August - Sunday 16th August 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Pool	06:00-08:45 Adult Only Lane Swimming 11:30-12:15 Family Swim 12:45-13:30 Lane Swimming 14:00 - 17:15 Family Swim 17:45 - 21:00 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming 11:30-12:15 Family Swim 12:45-13:30 Lane Swimming 14:00 - 17:15 Family Swim 17:45 - 18:30 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming 11:30-12:15 Family Swim 12:45-13:30 Lane Swimming 14:00 - 17:15 Family Swim 17:45 - 18:30 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming 11:30-12:15 Family Swim 12:45-13:30 Lane Swimming 15:15 - 17:15 Family Swim 17:45 - 18:30 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming 11:30-12:15 Family Swim 12:45-13:30 Lane Swimming 14:00 - 17:15 Family Swim 17:45 - 18:30 Adult Only Lane Swimming	06:00-08:45 Adult Only Lane Swimming 11:30-12:15 Family Swim 12:45-13:30 Lane Swimming 14:00 - 17:15 Family Swim 17:45 - 18:30 Adult Only Lane Swimming	08:00 - 11:15 Adult Only Lane Swimming 11:45 - 12:30 Family Swim 13:00 - 13:45 Adult Only Lane Swimming 14:15 - 17:30 Family Swim 18:00 - 20:00 Adult Only Lane Swimming	09:00 - 09:45 Adult Only Lane Swimming 10:15 - 12:00 Family Swim 12:30 - 13:15 Adult Only Lane Swimming 13:45 - 15:45 Family Swim 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 16:15-22:15	06:00-14:30 Boys Time - 14:45-15:45 16:15-22:15	06:00-14:30 Boys Time - 14:45-15:45 16:15-22:15	06:00-14:30 Boys Time - 14:45-15:45 16:15-22:15	06:00-14:30 Boys Time - 14:45-15:45 16:15-22:15	06:00-14:30 Boys Time - 14:45-15:45 16:15-22:15	08:00 - 14:00 Boys Time - 14:15-15:15 15:30 - 20:00	09:15 - 14:15 Boys Time - 14:30-15:30 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.