

# Members' Activity Timetable

Monday 23rd May - Sunday 29th May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	06:00 - 07:30 <b>Lane Swimming</b>	06:00 - 07:30 <b>Lane Swimming</b>	06:00 - 07:00 <b>Lane Swimming</b>	06:00 - 08:45 Members Swim	06:00 - 07:30 <b>Lane Swimming</b>	08:00 - 09:30 Members Swim	09:00 - 10:30 Members Swim
	07:30 - 09:00 Double Lane Swimming	07:30 - 08:45 Members Swim	07:00 - 08:30 Double Lane Swimming	08:45 - 10:00 <b>Adult Only Lane Swimming</b>	07:30 - 10:00 Double Lane Swimming	09:30 - 11:00 Family Splash	10:30 - 13:30 Family Splash
	09:00 - 11:00 <b>Adult Only Lane Swimming</b>	08:45 - 09:30 <b>Adult Only Lane Swimming</b>	08:30 - 11:30 <b>Adult Only Lane Swimming</b>	10:00 - 12:00 Members Swim	10:00 - 12:00 Members Swim	11:00 - 14:00 <b>Adult Only Lane Swimming</b>	15:00 - 17:30 Members Swim
	11:00 - 12:00 Members Swim	09:30 - 12:30 Members Swim	11:30 - 12:30 Members Swim	12:00 - 14:00 Double Lane Swimming	12:00 - 14:00 Double Lane Swimming	17:00 - 19:00 Members Swim	
	12:00 - 14:00 Double Lane Swimming	12:30 - 14:00 <b>Adult Only Lane Swimming</b>	12:30 - 13:45 Double Lane Swimming	17:30 - 19:00 Members Swim	14:00 - 16:30 Members Swim	19:00 - 20:00 Adult Only Double Lane Swimming	
	17:30 - 19:30 <b>Adult Only Lane Swimming</b>	17:30 - 19:30 Members Swim	16:00 - 18:00 <b>Adult Only Lane Swimming</b>	19:00 - 20:00 Adult Only Double Lane Swimming	18:00 - 19:00 Members Swim		
	19:30 - 21:00 Adult Only Double Lane Swimming		18:00 - 19:30 Members Swim				
Sauna	07:00 - 16:30 17:30 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 14:00 16:00 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 16:00 18:00 - 21:00	09:00 - 20:00	10:00 - 19:00
	06:00 - 16:30 18:00 - 21:00	06:00 - 14:00 18:00 - 21:00	06:00 - 15:00 16:30 - 21:00	06:00 - 14:00 18:00 - 21:00	06:00 - 16:30 18:00 - 21:00	08:00 - 20:00	09:00 - 19:30
Fitness Suite	08:00 - 18:00	08:00 - 11:00 12:30 - 14:00	08:00 - 13:00 16:30 - 18:00	08:00 - 11:00 12:30 - 14:00	15:00 - 18:00	09:30 - 18:00	13:00 - 18:00
	07:00 - 10:00 11:00 - 15:45 20:15 - 21:00	07:00 - 10:00 11:00 - 14:00 20:15 - 21:00	07:00 - 10:00 11:00 - 14:00 17:00 - 21:00	07:00 - 10:00 11:00 - 14:00 20:15 - 21:00	07:00 - 10:00 11:00 - 16:00 18:00 - 21:00	08:00 - 19:00	09:00 - 19:00
Clay Tennis Courts							

Adult Only Double Lane Swimming - Lane Swimming in the pool for Adult Members only (aged 16+) in a double lane

**Adult Only Lane Swimming** - Lane Swimming in the pool for Adult Members only (aged 16+) in a single lane with another activity in the other side of the pool

Double Lane Swimming - Lane swimming is for both adults and children in a double lane. Children must be competent swimmers who can confidently swim lengths

**Lane Swimming** - Lane Swimming in the pool for adults and children in a single lane with another activity in the other side of the pool

Family Splash- Sessions for families in half the pool and Lane Swimming in the other half.

Members Swim - Lane Swimming in half the pool for Members and half the pool open for Members' casual swimming.

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

Tennis courts - can be book online or via the TSC reception

\* Please note on Tuesday morning 9am - 11am the swimming pool and Fitness Suite is shared with Active Life Members'