

# Members' Activity Timetable

Monday 14th October - Sunday 20th October 2024

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

Adult Only Membes Swim - Lane Swimming in half the pool and casual swimming in half the pool, for Adult Members only (aged 16+).

**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 with floats and Lane Swimming in the other half. (no sinkers are allowed in these sessions)

Members Swim - Lane Swimming in half the pool and casual swimming in half the pool, for Adult and Children Members.

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 11:30am - 1:30pm the swimming pool and Fitness Suite is shared with Active Life Members'