

Monday 13th July 2026

25M POOL

6:00 a.m.	9:15 a.m.	Lane 1 - 2	Aqua Jogging
6:00 a.m.	9:15 a.m.	Lane 3 - 8	Public Lane Swimming
9:15 a.m.	10:00 a.m.	Lane 1 - 3	Aqua Fitness Class
9:15 a.m.	10:00 a.m.	Lane 4 - 8	Public Lane Swimming
10:00 a.m.	8:00 p.m.	Lane 1 - 2	Aqua Jogging
10:00 a.m.	11:00 a.m.	Lane 3 - 8	Public Lane Swimming
11:00 a.m.	4:00 p.m.	Lane 3 - 5	Public Lane Swimming
4:00 p.m.	8:00 p.m.	Lane 3 - 8	Public Lane Swimming

HYDROTHERAPY POOL

6:00 a.m.	8:00 p.m.	Hydrotherapy Pool	Aqua Jogging
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LEISURE POOL

6:00 a.m.	8:00 p.m.	Leisure Pool	Public Swimming
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LEARNERS POOL

9:15 a.m.	10:30 a.m.	Lane 4	FWM Swim School
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SPA POOL

6:00 a.m.	8:00 p.m.	SPA POOL CLOSED	
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