

# POOL PROGRAMME - MAY TO AUGUST 2014

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6.30 am	Adults Only 6.30 - 9.00	Adults Only 6.30 - 9.00	Adults Only 6.30 - 9.00	Adults Only 6.30 - 9.00	Adults Only 6.30 - 9.00	Opens 7.30	
7.00 am						Adults Only 7.30 - 9.00	Adults Only 7.30 - 9.00
7.30 am							
8.00 am							
8.30 am							
9.00 am	Aqua Zumba 9.30 - 10.15			Aqua 9.30 - 10.15	Swim School 9.00 - 11.30		
9.30 am							
10.00 am		Aqua 11.00 - 11.45			Swim School 9.00 - 14.30	Family Splash 11.00 - 12.00	
10.30 am							
11.00 am			Aqua Zumba 12.30 - 13.15				
11.30 am							
12.00 pm							
12.30 pm							
1.00 pm							
1.30 pm							
2.00 pm							
2.30 pm							
3.00 pm						Family Splash 15.00 - 16.00	
3.30 pm	Swim School 15.30 - 19.00	Swim School 15.30 - 19.00	Swim School 15.30 - 19.30	Swim School 15.30 - 19.00	Swim School 15.30 - 18.00		
4.00 pm							
4.30 pm							
5.00 pm							
5.30 pm							
6.00 pm					Family Splash 18.00 - 19.00		
6.30 pm						Adults Only 18.00 - 20.00	Adults Only 18.00 - 21.00
7.00 pm							
7.30 pm	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Adults Only 19.30 - 22.00	Closed 20.00	
8.00 pm							
8.30 pm							
9.00 pm							
9.30 pm							

**Aqua** - an aerobic/conditioning workout performed in water to improve cardiovascular fitness, improving muscle toning whilst reducing the stress on the joints. Suitable for all levels of fitness.

**Aqua Zumba** - integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning and body toning.

#### HEALTH CLUB OPENING TIMES:

6.30am - 10.00pm Weekdays  
7.30am - 8.00pm Saturdays  
7.30am - 9.00pm Sundays



Notes: Family Splash Sessions are the supervised times on poolside, where floats are available for use. The floats will only be available during supervised splash times. The pool is supervised Friday 18.00-19.00, Saturday 15.00-16.00 and Sundays 11.00-12.00. During tuition times there may be some restrictions on certain pool areas.