## SOFTPLAY SESSIONS

Let your little ones play and explore in a safe, fun filled space with our Soft Play Sessions. With Mini Rollercoasters, Soft Play and a Bouncy Castle!

**Date:** Saturdays

**Time:** 2 x 60 minute sessions starting at 1.45pm and 2.45pm **Price:** £3 per child (Suitable for children under 7)

# DISNEY DANCE WORKSHOPS

Date: Tuesdays - 22 July, 29 Jul 5 August, 12 August, 19 August, 26 August Time: 3.30pm-5.30pm Price: £9.50 per child Suitable for 4-9 year olds

Join us for a fun-filled Dance Workshop run by the amazing Amy Addle Team! Each week features a new Disney theme song. Parents are invited to return 10 minutes before the end of the workshop to watch their children perform their routines. Please provide your child with a drink and a snack

## SUMMER SAVINGS! AUGUST POOL PARTIES ONLY E150!

Don't miss out on our incredible private pool party offer-just £150! This unbeatable price includes any of our fun inflatables, so you're guaranteed an epic time. Slots available on Saturday afternoons - secure your date todav!

To book, call 01453 546441 or visit our centre, Active Lifestyles Dursley.

## SUMMER PASSPORT

Make a splash at Active Lifestyles! Children, Teens and Students get all this included:

- Unlimited Swimming
- Inflatable Fun
- Gym for children aged 11+ (11-14 years at select times)
- Fitness Classes
- Soft Plav
- 20% Off Dance Workshops and the End of Summer Pool Party! \*\*T&Cs apply
- Children 10+ can take part in classes.
- Children under the age of 8 must be accompanied by a paying adult in the water.

Membership available from 1 July - 31 August.

## SWIM CAMP

/hether you are a competitive swimmer or just love taking part, this Swim Camp is for you! This fast-paced day will include:

- Land-Based Training
- 2.5 hours of Coached Swimming
- Indoor Cycling Session
- Pilates/Yoga Session

For children stage 6 and above on our Learn-2-Swim programme. Please make sure you send your child with a packed lunch, drink, swimming kit and

Date: Fridays - 25 July, 1 August, 8 August, 15 August, 22 August, 29 August **Time:** 8.30am-3.30pm Price: £40 per dav

Book onto two camps and get free entry 🤇 to the End of Summer Pool Party

## OF SUMMER POOL PARTY

Summer's almost over, but the fun doesn't have to be Gather your friends and family and join our team for the End of Summer Pool Party. With inflatables and catchy tunes, you'll be tickled pink with excitement..

**Date:** Saturday 30 August **Time:** 2 x 55 - minute sessions starting at 2.30pm and 3.30pm Price: £5.50 Child, £6.50 Adult

#### **Terms and Conditions**

For terms and conditions please visit our website: www.mvac \* Book and pay for your Studio Party by 31 December 2025 to receive discoun \*\* To receive discount, please call to book or come into our centre. Discounts cannot be applied online

Children under eight years of age must be accompanied by a paying adult in the water

Please ask about our admission policy if you intend taking more than one child into the pool. The car park in front of the building is free for up to three hours and the car park at Sainsbury's is free for up to two hours. On busy sessions we guarantee a minimum of 45 minutes unless otherwise stated. The managemen team reserve the right to cancel or amend the programme at any time

Monday – Friday

For children who are currently on our Stage 4 lessons, or those on our waiting list, we are offering a limited number of one-to-one lessons that focus on the 4a and 4b outcomes - improving your child's water skills, stroke technique and water confidence.

### **August Bank Holiday Fitness** Timetable Monday 25 August

10.00am - 10.30am 10.00am - 10.45am 10.10am - 11.10am 11.20am 11.15am 12.00pm 12.00pm - 12.45pm .00pm - 5.40pm .40pm - 6.25pm 6.00pm - 6.45pm 6.35pm - 7.05pm

Indoor Cycling Pilates **Beginners Indoor Cycling** Aqua Zumba Piyo **Beginners Water Fitness** Zumba Indoor Cycling Alianment Yoaa Barre Indoor Cycling Circuits Indoor Cycling Express

## **August Bank Holiday Gym Opening Times**

Monday 25 August 6.00am-7.30pm

### **11-14 years Gym Sessions** (Dursley Only)

Monday 21 July – Sunday 31 August 11.00am-12.00pm & 3.30pm-4.30pm HOLIDAY AT DURSLEY

July



**Active** 

Dursley

Lifestyles

01453 546441 dursley@myactivelifestyles.co.uk www.myactivelifestyles.co.uk

## INTENSIVE Swimming Lessons

Looking to boost your child's confidence and ability in the water?

### BEGINNERS INTENSIVE LESSONS

We're offering week-long courses suitable for 4-7 yearolds who have either just started or are completely new to swimming lessons.

**Date:** Available every week through the summer:

Time: 8.00am-8.30am or 8.30am-9.00am Price: £38 per 5 day course.

#### STAGE 4 ONE-TO-ONE LESSONS

Date: Tuesdays, Wednesdays and Thursdays throughout the summer holidays. Time: Available from 9.30am-1.30pm **Price:** £18 per one-to-one lesson.

## SWIMMING POOL TIMETABLE

| Monday 21 July                    | /                                            | Thursday 24 Ju                   | lv                                        |
|-----------------------------------|----------------------------------------------|----------------------------------|-------------------------------------------|
| 6.00am-9.00am                     | Lane Swimming                                | 6.00am-9.00am                    | Lane Swimming                             |
| 9.00am-10.00am                    | Adult and Child Swim<br>Lessons              | 9.00am-10.00am                   | Adult and Child<br>Swim Lessons           |
| 10.00am-10.45am                   | Aqua Zumba Exercise                          | 10.00am-10.45am                  | Aqua Stretch                              |
| 10.45am-11.30am                   | Class<br>Parent and Toddler                  | 10.45am-1.40pm                   | Exercise Class<br>Family Swimming         |
| 10.45am 11.50am                   | Swim Session                                 | 10.45am 1.40pm                   | (D Area unavailable                       |
|                                   | Beginners Water Fitness                      |                                  | 12.00pm-1.30pm)                           |
| 11.30am-12.15pm                   | Lane Swimming<br>(D area unavailable)        | 12.00pm-1.30pm                   | Adult and Child<br>Swim Lessons           |
| 11.30am-1.00pm                    | Adult and Child Swim                         | 1.50pm-3.25pm                    | Exterminator                              |
| 12.15pm-1.40pm                    | Lessons<br>Family Swimming                   |                                  | Inflatable Fun (2 x<br>45 minute sessions |
|                                   | (D area unavailable until                    |                                  | starting at 1.50pm                        |
| 1.50pm-3.25pm                     | 1.00pm)<br>Aqua Glide Inflatable             | 3.40pm-6.25pm                    | and 2.40pm)<br>Junior Swimming            |
| 1.50pm 5.25pm                     | Fun (2 x 45 minute                           | 5.40pm 0.25pm                    | Lessons                                   |
|                                   | sessions starting at                         | 6.30pm-7.45pm                    | Family Swimming<br>Lane Swimming          |
| 3.40pm-6.30pm                     | 1.50pm and 2.40pm)<br>Junior Swimming        | 7.45pm-8.30pm<br>8.30pm-9.15pm   | Swim Fit                                  |
|                                   | Lessons                                      |                                  |                                           |
| 6.35pm-7.35pm                     | Family Swimming<br>(D area unavailable until | Friday 25 July                   | Louis Colimation                          |
|                                   | 7.05pm)                                      | 6.00am-9.00am<br>9.00am-9.30am   | Lane Swimming<br>Adult and Child          |
| 7.35pm-8.20pm<br>8.20pm-9.05pm    | Lane Swimming<br>Swimfit                     |                                  | Swim Lessons                              |
| 0.20pm 7.03pm                     | Swiitiite                                    | 9.30am-11.00am                   | Family Swimming (1<br>lane unavailable)   |
| Tuesday 22 Jul                    | у                                            | 11.00am-11.45am                  | Aqua Tone Exercise                        |
| 6.00am-9.00am<br>9.00am-9.30am    | Lane Swimming<br>Adult and Child Swim        | 1115-cm-12.00cm                  | Class<br>Baropt and Toddlor               |
|                                   | Lessons                                      | 11.15am-12.00pm                  | Parent and Toddler<br>Swim Session        |
| 9.30am-10.15am<br>10.15am-11.10am | Family Swimming<br>Disabled Swim Session     | 12.00pm-1.30pm                   | Adult and Child<br>Swim Lessons           |
|                                   | Aqua Stretch Exercise                        | 12.00pm-1.30pm                   | Family Swimming                           |
| 12.00pm-1.40pm                    | Class<br>Family Swimming                     |                                  | (D area unavailable<br>12.00pm-1.30pm)    |
| 12.00pm 1.40pm                    | (D area unavailable                          | 1.40pm-2.25pm                    | Splat and Stepping                        |
| 42.00 4.20                        | 12.00pm-1.30pm)                              |                                  | Stones Inflatable                         |
| 12.00pm-1.30pm                    | Adult and Child Swim<br>Lessons              | 2.30pm-3.00pm                    | Fun<br>Adult Swimming                     |
| 1.50pm-3.25pm                     | Exterminator Inflatable                      |                                  | Lessons                                   |
|                                   | Fun (2 x 45 minute sessions starting at      | 3.40pm-5.35pm                    | Junior Swimming<br>Lessons                |
|                                   | 1.50pm and 2.40pm)                           | 5.45pm-6.30pm                    | Aqua Stretch                              |
| 3.40pm-6.30pm                     | Junior Swimming<br>Lessons                   | 6.35pm-9.05pm                    | Exercise Class<br>Dursley Dolphins        |
| 6.00pm-7.00pm                     | Family Swimming                              | 0.000000                         | Swim Club                                 |
|                                   | (D area unavailable until 6.30pm)            | C                                | L.                                        |
| 7.00pm-7.45pm                     | Aqua Stretch Exercise                        | Saturday 26 Jul<br>8.00am-9.00am | Junior Lifesaving                         |
| 7.50pm-8.35pm                     | Class<br>Ladies Only Swim                    |                                  | Club                                      |
|                                   | Session                                      | 8.25am-10.40am                   | Junior Swimming<br>Lessons                |
| 8.40pm-9.25pm                     | Lane Swimming                                | 10.45am-1.40pm                   | Family Swimming                           |
| Wednesday 23                      | lulv                                         | 1.45pm-3.20pm                    | Inflatable Fun (2 x<br>45 minute sessions |
| 6.00am-9.00am                     | Lane Swimming                                |                                  | starting at 1.45pm                        |
| 9.00am-9.30am                     | Adult and Child Swim<br>Lessons              | 2 2000-9 0000                    | and 2.35pm)<br>Closed for Private         |
| 9.30am-10.30am                    | Family Swimming                              | 3.30pm-8.00pm                    | Parties                                   |
| 10.30am-11.15am                   | Parent and Toddler                           |                                  |                                           |
| 10.45am-11.30am                   | Swim Session<br>Aqua Tone Exercise           | Sunday 27 July<br>7.00am-7.45am  | Lane Swimming                             |
|                                   | Class                                        | 7.50am-8.55am                    | Family Swimming                           |
| 11.30am-1.30pm                    | Adult and Child Swim<br>Lessons              | 8.25am-11.15am                   | Junior Swimming<br>Lessons                |
| 12.30pm-1.40pm                    | Family Swimming                              | 10.45am-3.55pm                   | Family Swimming                           |
|                                   | (D area unavailable<br>12.30pm-1.30pm)       |                                  | (D area unavailable                       |
| 1.50pm-3.25pm                     | Slippery Slide Inflatable                    | 4.00pm-6.15pm                    | until 11.15am)<br>Junior Swimming         |
|                                   | Fun (2 x 45 minute<br>sessions starting at   |                                  | Lessons                                   |
|                                   | 1.50pm and 2.40pm)                           | 6.20pm-7.05pm<br>7.05pm-8.05pm   | Lane Swimming<br>Dursley Tri Club         |
| 3.40pm-6.25pm                     | Junior Swimming                              | 7.00pm 0.00pm                    | Dursicy In club                           |
| 6.30pm-7.15pm                     | Lessons<br>Aqua Tone Exercise                |                                  |                                           |
|                                   | Class                                        |                                  |                                           |
| 6.30pm-8.15pm                     | Family Swimming<br>(Shallow end only until   |                                  |                                           |
| 815pm-0.00pm                      | 7.15pm)                                      |                                  |                                           |
| 8.15pm-9.00pm                     | Lane Swimming                                |                                  |                                           |
| •                                 |                                              |                                  |                                           |
|                                   |                                              |                                  |                                           |

| Monday 28 July<br>6.00am-9.00am<br>9.00am-10.00am | Lane Swimming<br>Adult and Child                                                         | Thursday 31 Jul<br>6.00am-9.00am<br>9.00am-10.00am |
|---------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------|
|                                                   | Swim Lessons                                                                             |                                                    |
| 10.00am-10.45am                                   | Exercise Class                                                                           | 10.00am-10.45am                                    |
| 10.45am-11.30am                                   | Parent and Toddler<br>Swim Session                                                       | 10.45am-1.40pm                                     |
| 10.50am-11.20am                                   | Fitness                                                                                  | 12.00pm-1.30pm                                     |
| 1.30am-12.15pm                                    | Lane Swimming (D<br>area unavailable)                                                    | 1.50pm-3.25pm                                      |
| .30am-1.00pm                                      | Adult and Child<br>Swim Lessons                                                          |                                                    |
| 2.15pm-1.40pm                                     | Family Swimming (D<br>area unavailable until                                             | 2.40                                               |
| 50pm-3.25pm                                       | 1.00pm)<br>Exterminator Inflatable<br>Fun (2 x 45 minute                                 | 3.40pm-6.25pm<br>6.30pm-7.45pm                     |
| 40pm-6.30pm                                       | sessions starting at<br>1.50pm and 2.40pm)<br>Junior Swimming                            | 7.45pm-8.30pm<br>8.30pm-9.15pm                     |
|                                                   | Lessons                                                                                  | Friday 1 August                                    |
| .35pm-7.35pm                                      | Family Swimming<br>(D area unavailable until<br>7.05pm)                                  | 6.00am-9.00am<br>9.00am-9.30am                     |
| .35pm-8.20pm<br>.20pm-9.05pm                      | Lane Swimming<br>Swimfit                                                                 | 9.30am-11.00am                                     |
| uesday 29 July                                    |                                                                                          | 11.00am-11.45am                                    |
| .00am-9.00am                                      | Lane Swimming                                                                            | 11.15am-12.00pm                                    |
| .00am-9.30am                                      | Adult and Child Swim<br>Lessons                                                          | 12.00pm-1.30pm                                     |
| .30am-10.15am<br>0.15am-11.10am<br>1.15am-12.00pm | Family Swimming<br>Disabled Swim Session<br>Aqua Stretch Exercise<br>Class               | 12.00pm-1.30pm                                     |
| 2.00pm-1.40pm                                     | Family Swimming<br>(D area unavailable                                                   | 1.40pm-2.25pm                                      |
| 2.00pm-1.30pm                                     | 12.00pm-1.30pm)<br>Adult and Child Swim                                                  | 2.30pm-3.00pm                                      |
| .50pm-3.25pm                                      | Lessons<br>Aqua Glide Inflatable                                                         | 3.40pm-5.35pm                                      |
| .50pm 5.25pm                                      | Fun (2 x 45 minute<br>sessions starting at                                               | 5.45pm-6.30pm                                      |
| .40pm-6.30pm                                      | 1.50pm and 2.40pm)<br>Junior Swimming<br>Lessons                                         | 6.30pm-7.30pm<br>7.30pm-9.00pm                     |
| .00pm-7.00pm                                      | Family Swimming<br>(D area unavailable until<br>6.30pm)                                  | Saturday 2 Aug<br>8.00am-9.00am                    |
| 00pm-7.45pm                                       | Aqua Stretch Exercise<br>Class                                                           | 8.25am-10.40am                                     |
| 50pm-8.35pm                                       | Ladies Only Swim<br>Session                                                              | 10.45am-1.40pm                                     |
| 8.40pm-9.25pm                                     | Lane Swimming                                                                            | 1.45pm-3.20pm                                      |
| <b>Vednesday 30</b>                               |                                                                                          | 2.20                                               |
| 5.00am-9.00am<br>9.00am-9.30am                    | Lane Swimming<br>Adult and Child Swim<br>Lessons                                         | 3.30pm-8.00pm                                      |
| 0.30am-10.30am<br>0.30am-11.15am                  | Family Swimming<br>Parent and Toddler                                                    | Sunday 3 Augus<br>7.00am-7.45am                    |
| 0.45am-11.30am                                    | Swim Session<br>Aqua Tone Exercise                                                       | 7.50am-8.55am<br>8.25am-11.15am                    |
| 1.30am-1.30pm                                     | Class<br>Adult and Child Swim                                                            | 10.45am-3.55pm                                     |
| 2.30pm-1.40pm                                     | Lessons<br>Family Swimming<br>(D area unavailable                                        | 4.00pm-6.15pm                                      |
| .50pm-3.25pm                                      | 12.30pm-1.30pm)<br>Exterminator Inflatable<br>Fun (2 x 45 minute<br>sessions starting at | 6.20pm-8.00pm                                      |
| .40pm-6.25pm                                      | 1.50pm and 2.40pm)<br>Junior Swimming<br>Lessons                                         |                                                    |
| b.30pm-7.15pm                                     | Aqua Tone Exercise<br>Class                                                              | _                                                  |
| 6.30pm-8.15pm                                     | Family Swimming<br>(Shallow end only until                                               |                                                    |
| 8.15pm-9.00pm                                     | 7.15pm)<br>Lane Swimming                                                                 |                                                    |

Week Two

#### Thursday 31 July Monday 4 August 6.00am-9.00am Lane Swimming Lane Swimming Adult and Child Swim Lessons Aqua Stretch Exercise Class Family Swimming (D Area unavailable 1200nm-130nm) Adult and Child Swim Lessons Splat and Stepping Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm) Junior Swimming Lessons Family Swimming Lane Swimming Swim Fit Lane Swimming Adult and Child Swim Lessons Family Swimming (1 lane unavailable Aqua Tone Exercise Class Parent and Toddler Adult and Child Swim Lessons Family Swimming (D area unavailable 12.00pm-1.30pm) Slipperv Slide Adult Swimming Lessons Junior Swimming Lessons Aqua Stretch Exercise Class Family Swimming Lane Swimming aust Junior Lifesaving Club Junior Swimming Lessons Family Swimming Inflatable Fun (2 x 45 minute sessions starting at Closed for Private Parties Lane Swimming Family Swimmin Junior Swimming Lessons Family Swimming (D area unavailable until 11.15am) Junior Swimming Lessons Lane Swimming

| 6.00am-9.00am<br>9.00am-10.00am   | Lane Swimming<br>Adult and Child                                                       | 6.00am-9.00am<br>9.00am-10.00am | Lane Swi<br>Adult an               |
|-----------------------------------|----------------------------------------------------------------------------------------|---------------------------------|------------------------------------|
| 40.00                             | Swim Lessons                                                                           | 10.00                           | Swim Les                           |
| 10.00am-10.45am                   | Exercise Class                                                                         | 10.00am-10.45am                 | Exercise                           |
| 10.45am-11.30am                   | Parent and Toddler<br>Swim Session                                                     | 10.45am-1.40pm                  | Family Sv<br>(D Area u             |
| 10.50am-11.20am                   |                                                                                        | 12.00pm-1.30pm                  | 12.00pm<br>Adult an                |
| 11.30am-12.15pm                   | Lane Swimming<br>(D area unavailable)                                                  | 1.50pm-3.25pm                   | Swim Les<br>Extermin               |
| 11.30am-1.00pm                    | Adult and Child<br>Swim Lessons                                                        | 1.50pm 5.25pm                   | Inflatable<br>Fun (2 x             |
| 12.15pm-1.40pm                    | Family Swimming (D<br>area unavailable until<br>1.00pm)                                | 3.40pm-6.25pm                   | sessions<br>1.50pm a<br>Junior Sv  |
| 1.50pm-3.25pm                     | Exterminator<br>Inflatable Fun (2                                                      | 6.30pm-7.45pm                   | Lessons                            |
|                                   | x 45 minute sessions<br>starting at 1.50pm<br>and 2.40pm)                              | 7.45pm-8.30pm<br>8.30pm-9.15pm  | Family Sy<br>Lane Swi<br>Swim Fit  |
| 3.40pm-6.30pm                     | Junior Swimming<br>Lessons                                                             | Friday 8 August                 |                                    |
| 6.35pm-7.35pm                     | Family Swimming (D<br>area unavailable until                                           | 6.00am-9.00am<br>9.00am-9.30am  | Lane Swi<br>Adult an               |
| 7.35pm-8.20pm                     | 7.05pm)<br>Lane Swimming                                                               | 9.30am-11.00am                  | Swim Les<br>Family Sv              |
| 8.20pm-9.05pm                     | Swimfit                                                                                | 11.00am-11.45am                 | lane una<br>Aqua Tor<br>Class      |
| Tuesday 5 Augu<br>6.00am-9.00am   | u <b>st</b><br>Lane Swimming                                                           | 11.15am-12.00pm                 | Parent a<br>Swim Ses               |
| 9.00am-9.30am                     | Adult and Child Swim<br>Lessons                                                        | 12.00pm-1.30pm                  | Adult an<br>Swim Les               |
| 9.30am-10.15am<br>10.15am-11.10am | Family Swimming<br>Disabled Swim Session                                               | 12.00pm-1.30pm                  | Family Sv<br>(D area u             |
| 11.15am-12.00pm                   | Aqua Stretch Exercise<br>Class                                                         | 1.40pm-2.25pm                   | 12.00pm<br>Splat and               |
| 12.00pm-1.40pm                    | Family Swimming<br>(D area unavailable                                                 | 2.20                            | Stones Ir<br>Fun                   |
| 12.00pm-1.30pm                    | 12.00pm-1.30pm)<br>Adult and Child Swim                                                | 2.30pm-3.00pm                   | Adult Sw<br>Lessons<br>Junior Sv   |
| 1.50pm-3.25pm                     | Lessons<br>Slippery Slide Inflatable<br>Fun (2 x 45 minute                             | 3.40pm-5.35pm<br>5.45pm-6.30pm  | Lessons<br>Aqua Str                |
|                                   | sessions starting at<br>1.50pm and 2.40pm)                                             | 6.30pm-7.30pm                   | Exercise<br>Family Sv              |
| 3.40pm-6.30pm                     | Junior Swimming<br>Lessons                                                             | 7.30pm-9.00pm                   | Lane Świ                           |
| 6.00pm-7.00pm                     | Family Swimming<br>(D area unavailable until<br>6.30pm)                                | Saturday 9 Aug<br>8.00am-9.00am | <b>ust</b><br>Junior Li<br>Club    |
| 7.00pm-7.45pm                     | Aqua Stretch Exercise<br>Class                                                         | 8.25am-10.40am                  | Junior Sv                          |
| 7.50pm-8.35pm                     | Ladies Only Swim<br>Session                                                            | 10.45am-1.40pm                  | Lessons<br>Family Sv<br>Inflatable |
| 8.40pm-9.25pm                     | Lane Swimming                                                                          | 1.45pm-3.20pm                   | 45 minut<br>starting a             |
| Wednesday 6 A                     |                                                                                        | 2 20 0 00                       | and 2.35                           |
| 6.00am-9.00am<br>9.00am-9.30am    | Lane Swimming<br>Adult and Child Swim<br>Lessons                                       | 3.30pm-8.00pm                   | Closed fo<br>Parties               |
| 9.30am-10.30am<br>10.30am-11.15am | Family Swimming<br>Parent and Toddler                                                  | Sunday 10 Augu<br>7.00am-7.45am | <mark>ust</mark><br>Lane Swi       |
| 10.45am-11.30am                   | Swim Session<br>Aqua Tone Exercise                                                     | 7.50am-8.55am<br>8.25am-11.15am | Family Sv<br>Junior Sv             |
| 11.30am-1.30pm                    | Class<br>Adult and Child Swim                                                          | 10.45am-3.55pm                  | Lessons<br>Family Sv               |
| 12.30pm-1.40pm                    | Lessons<br>Family Swimming<br>(D area unavailable                                      | 100                             | area una<br>11.15am)               |
| 1.50pm-3.25pm                     | 12.30pm-1.30pm)<br>Aqua Glide Inflatable<br>Fun (2 x 45 minute<br>sessions starting at | 4.00pm-6.15pm<br>6.20pm-8.00pm  | Junior Sv<br>Lessons<br>Lane Swi   |
| 3.40pm-6.25pm                     | 1.50pm and 2.40pm)<br>Junior Swimming<br>Lessons                                       |                                 |                                    |
| 6.30pm-7.15pm                     | Aqua Tone Exercise<br>Class                                                            |                                 |                                    |
| 6.30pm-8.15pm                     | Family Swimming<br>(Shallow end only until                                             |                                 |                                    |
| 8.15pm-9.00pm                     | 7.15pm)<br>Lane Swimming                                                               |                                 |                                    |
|                                   |                                                                                        |                                 |                                    |

|          | Thursday 7 Aug                  | just                                                          | Monday 11 A                                 |
|----------|---------------------------------|---------------------------------------------------------------|---------------------------------------------|
|          | 6.00am-9.00am<br>9.00am-10.00am | Lane Swimming<br>Adult and Child<br>Swim Lessons              | 6.00am-9.00an<br>9.00am-10.00a              |
|          | 10.00am-10.45am                 |                                                               | 10.00am-10.45a                              |
|          | 10.45am-1.40pm                  | Family Swimming<br>(D Area unavailable                        | 10.45am-11.30a                              |
|          | 12.00pm-1.30pm                  | 12.00pm-1.30pm)<br>Adult and Child                            | 10.50am-11.20a                              |
| )        | 1.50pm-3.25pm                   | Swim Lessons<br>Exterminator                                  | 11.30am-12.15p                              |
| -        |                                 | Inflatable<br>Fun (2 x 45 minute                              | 11.30am-1.00pr                              |
| D<br>til | 3.40pm-6.25pm                   | sessions starting at<br>1.50pm and 2.40pm)<br>Junior Swimming | 12.15pm-1.40pr                              |
| IS       |                                 | Lessons<br>Family Swimming<br>Lane Swimming<br>Swim Fit       | 1.50pm-3.25pn                               |
|          | Friday 8 Augus                  |                                                               | 3.40pm-6.30pr                               |
| D<br>til | 6.00am-9.00am<br>9.00am-9.30am  | Lane Swimming<br>Adult and Child<br>Swim Lessons              | 6.35pm-7.35pm                               |
|          | 9.30am-11.00am                  | Family Swimming (1<br>lane unavailable)                       | 7.35pm-8.20pn<br>8.20pm-9.05pr              |
|          |                                 | Aqua Tone Exercise<br>Class                                   | Tuesday 12 A                                |
| m        | 12.00pm-1.30pm                  | Parent and Toddler<br>Swim Session<br>Adult and Child         | 6.00am-9.00an<br>9.00am-9.30am              |
| ion      |                                 | Swim Lessons<br>Family Swimming<br>(D area unavailable        | 9.30am-10.15ar<br>10.15am-11.10ar           |
| ise      | 1.40pm-2.25pm                   | 12.00pm-1.30pm)<br>Splat and Stepping<br>Stones Inflatable    | 11.15am-12.00p                              |
|          | 2.30pm-3.00pm                   | Fun<br>Adult Swimming                                         | 12.00pm-1.40p                               |
| m        | 3.40pm-5.35pm                   | Lessons<br>Junior Swimming                                    | 12.00pm-1.30p                               |
| able     | 5.45pm-6.30pm                   | Lessons<br>Aqua Stretch<br>Exercise Class                     | 1.50pm-3.25pm                               |
| 1)       | 6.30pm-7.30pm<br>7.30pm-9.00pm  | Family Swimming<br>Lane Swimming                              |                                             |
| until    | Saturday 9 Aug<br>8.00am-9.00am | j <b>ust</b><br>Junior Lifesaving                             | 3.40pm-6.30pr                               |
| ise      | 8.25am-10.40am                  | Club<br>Junior Swimming                                       | 6.00pm-7.00pn                               |
|          |                                 | Lessons<br>Family Swimming                                    | 7.00pm-7.45pm                               |
|          | 1.45pm-3.20pm                   | Inflatable Fun (2 x<br>45 minute sessions                     | 7.50pm-8.35pn                               |
|          | 3.30pm-8.00pm                   | starting at 1.45pm<br>and 2.35pm)<br>Closed for Private       | 8.40pm-9.25pr                               |
| m        |                                 | Parties                                                       | Wednesday<br>6.00am-9.00an<br>9.00am-9.30am |
|          | Sunday 10 Aug<br>7.00am-7.45am  | Lane Swimming                                                 |                                             |
|          | 7.50am-8.55am<br>8.25am-11.15am | Junior Swimming                                               | 9.30am-10.30ai<br>10.30am-11.15a            |
| m        | 10.45am-3.55pm                  | Lessons<br>Family Swimming (D<br>area unavailable until       | 10.45am-11.30a                              |

4.00pm-6.15pm Junior Swimming

6.20pm-8.00pm Lane Swimming

**Week Three** 

area unavailable unti

3.40pm-6.25pm Junior Swimming 6.30pm-7.15pm Aqua Tone Exercise 6.30pm-8.15pm Family Swimming

Lessons

(Shallow end only until

Class

8.15pm-9.00pm Lane Swimming

Week One

| Monday 11 Aug                                    | ust                                                                                       |
|--------------------------------------------------|-------------------------------------------------------------------------------------------|
| 6.00am-9.00am                                    | Lane Swimming                                                                             |
| 9.00am-10.00am                                   | Adult and Child<br>Swim Lessons                                                           |
| 10.00am-10.45am                                  | Aqua Zumba<br>Exercise Class                                                              |
| 10.45am-11.30am                                  | Parent and Toddler<br>Swim Session                                                        |
| 10.50am-11.20am                                  | Beginners Water<br>Fitness                                                                |
| 11.30am-12.15pm                                  | Lane Swimming (D<br>area unavailable)                                                     |
| 11.30am-1.00pm                                   | Adult and Child<br>Swim Lessons                                                           |
| 12.15pm-1.40pm                                   | Family Swimming (D<br>area unavailable until                                              |
| 1.50pm-3.25pm                                    | 1.00pm)<br>Aqua Glide<br>Inflatable Fun (2                                                |
| 3.40pm-6.30pm                                    | starting at 1.50pm<br>and 2.40pm)<br>Junior Swimming                                      |
| 6.35pm-7.35pm                                    | Lessons<br>Family Swimming (D                                                             |
| 0.00001111.0000111                               | area unavailable until<br>7.05pm)                                                         |
| 7.35pm-8.20pm<br>8.20pm-9.05pm                   | Lane Swimming<br>Swimfit                                                                  |
|                                                  |                                                                                           |
| Tuesday 12 Aug                                   | just                                                                                      |
| Tuesday 12 Aug<br>6.00am-9.00am<br>9.00am-9.30am | Lane Swimming<br>Adult and Child<br>Swim Lessons<br>Family Swimming                       |
| 9.30am-10.15am                                   | Swim Lessons                                                                              |
| 10.15am-11.10am                                  | Disabled Swim                                                                             |
| 11.15am-12.00pm                                  | Session<br>Aqua Stretch<br>Exercise Class                                                 |
| 12.00pm-1.40pm                                   | Family Swimming<br>(D area unavailable                                                    |
| 12.00pm-1.30pm                                   | 12.00pm-1.30pm)<br>Adult and Child<br>Swim Lessons                                        |
| 1.50pm-3.25pm                                    | Exterminator                                                                              |
|                                                  | Inflatable<br>Fun (2 x 45 minute<br>sessions starting at                                  |
| 3.40pm-6.30pm                                    | 1.50pm and 2.40pm)<br>Junior Swimming                                                     |
| 6.00pm-7.00pm                                    | Lessons<br>Family Swimming (D<br>area unavailable until                                   |
| 7.00pm-7.45pm                                    | 6.30pm)<br>Aqua Stretch Exercise                                                          |
| 7.50pm-8.35pm                                    | Class<br>Ladies Only Swim                                                                 |
| 8.40pm-9.25pm                                    | Session<br>Lane Swimming                                                                  |
| Wednesday 13                                     | August                                                                                    |
| 6.00am-9.00am                                    | Lane Swimming                                                                             |
| 9.00am-9.30am                                    | Adult and Child Swim                                                                      |
| 9.30am-10.30am<br>10.30am-11.15am                | Family Swimming<br>Parent and Toddler<br>Swim Session                                     |
| 10.45am-11.30am                                  | Aqua Ione Exercise                                                                        |
| 11.30am-1.30pm                                   | Class<br>Adult and Child Swim                                                             |
| 12.30pm-1.40pm                                   | Lessons<br>Family Swimming<br>(D area unavailable                                         |
| 1.50pm-3.25pm                                    | 12.30pm-1.30pm)<br>Splat and Stepping<br>Stones Inflatable Fun<br>(2 x 45 minute sessions |
|                                                  | starting at 1.50pm and                                                                    |
| 3.40pm-6.25pm                                    | 2.40pm)<br>Junior Swimming                                                                |

5.45pm-6 6 30 nm-7.30pm-9 Saturda 8.00am-9 8.25am-10.45am-1.45pm-3 3.30pm -Sunday 7.50am-8.25am-10.45am-4.00pm-6.20pm-Week Four

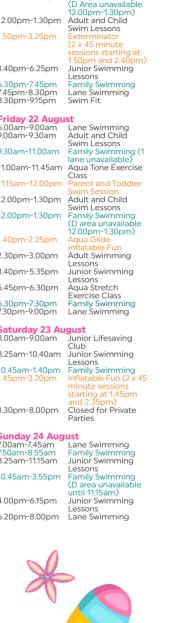
| Thursday 14 Au                                   | aust                                               |
|--------------------------------------------------|----------------------------------------------------|
| Thursday 14 Au<br>6.00am-9.00am                  | Lane Swimming                                      |
| 9.00am-10.00am                                   | Adult and Child                                    |
|                                                  | Swim Lessons                                       |
| 10.00am-10.45am                                  | Aqua Stretch                                       |
| 10.45am-1.40pm                                   | Exercise Class<br>Family Swimming                  |
| 10.45am 1.40pm                                   | (D Area unavailable                                |
|                                                  | 12.00pm-1.30pm)                                    |
| 12.00pm-1.30pm                                   | Adult and Child<br>Swim Lessons                    |
| 4.50 0.05                                        | Swim Lessons                                       |
| 1.50pm-3.25pm                                    | Slippery Slide<br>Inflatable<br>Fun (2 x 45 minute |
|                                                  | Fun (2 x 45 minute                                 |
|                                                  | sessions starting at                               |
|                                                  | sessions starting at<br>1.50pm and 2.40pm)         |
| 3.40pm-6.25pm                                    | Junior Swimming                                    |
| ( 20                                             | Lessons                                            |
| 6.30pm-7.45pm                                    | Family Swimming<br>Lane Swimming<br>Swim Fit       |
| 7.45pm-8.30pm<br>8.30pm-9.15pm                   | Swim Fit                                           |
| 0.500111 7.150111                                | Switting                                           |
| Friday 15 Augu                                   | ct                                                 |
| Friday 15 Augu<br>6.00am-9.00am                  | Lane Swimming                                      |
| 9.00am-9.30am                                    | Adult and Child                                    |
|                                                  | Swim Lessons                                       |
| 9.30am-11.00am                                   | Swim Lessons<br>Family Swimming (1                 |
| 11.00 pm-11.4E                                   | lane unavailable)                                  |
| 11.00am-11.45am                                  | Aqua Tone Exercise<br>Class                        |
| 11.15am-12.00pm                                  | Parent and Toddler                                 |
| 1.1.00111 12.00p111                              | Swim Session                                       |
| 12.00pm-1.30pm                                   | Adult and Child                                    |
|                                                  | Swim Lessons                                       |
| 12.00pm-1.30pm                                   | Family Swimming                                    |
|                                                  | (D area unavailable<br>12.00pm-1.30pm)             |
| 1.40pm-2.25pm                                    | Exterminator                                       |
|                                                  | Inflatable Fun                                     |
| 2.30pm-3.00pm                                    | Adult Swimming                                     |
|                                                  | Lessons                                            |
| 3.40pm-5.35pm                                    | Junior Swimming                                    |
| 5.45pm-6.30pm                                    | Lessons<br>Aqua Stretch                            |
| 5.45pm 0.50pm                                    | Exercise Class                                     |
| 6.30pm-7.30pm                                    | Family Swimming                                    |
| 7.30pm-9.00pm                                    | Family Swimming<br>Lane Swimming                   |
|                                                  |                                                    |
| Saturday 16 Au                                   | gust                                               |
| 8.00am-9.00am                                    | Junior Lifesaving                                  |
| 0.05 and 10.40 and                               | Club<br>Junior Swimming                            |
| 8.25am-10.40am                                   | Lessons                                            |
| 10.45am-1.40pm                                   | Family Swimming                                    |
| 1.45pm-3.20pm                                    | Inflatable Fun (2                                  |
|                                                  | x 45 minute sessions                               |
|                                                  | starting at 1.45pm<br>and 2.35pm)                  |
| 2 20000 - 9 00000                                | and 2.35pm)                                        |
| 3.30pm – 8.00pm                                  | Closed for Private<br>Parties                      |
|                                                  |                                                    |
| Sunday 17 Aug                                    | ust                                                |
| Sunday 17 Augu<br>7.00am-7.45am<br>7.50am-8.55am | Lane Swimming                                      |
| 7.50am-8.55am                                    | Family Swimming<br>Junior Swimming                 |
| 8.25am-11.15am                                   | Junior Swimming                                    |
| 10.45                                            | Lessons                                            |
| 10.45am-3.55pm                                   | Family Swimming (D<br>area unavailable until       |
|                                                  | 11.15am)                                           |
| 4.00pm-6.15pm                                    | Junior Swimming                                    |
|                                                  | Lessons                                            |
| 6.20pm-8.00pm                                    | Lane Swimming                                      |
|                                                  |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |
| _                                                |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |
|                                                  |                                                    |

| 6.00am-9.00am                           | just                                          | Thursday 21 Au                  | gust                                    |
|-----------------------------------------|-----------------------------------------------|---------------------------------|-----------------------------------------|
| 6.00am-9.00am<br>9.00am-10.00am         | Lane Swimming<br>Adult and Child              | 6.00am-9.00am<br>9.00am-10.00am | Lane Swimming<br>Adult and Child        |
| 7.00diii 10.00diii                      | Swim Lessons                                  | 7.00aiii 10.00aiii              | Swim Lessons                            |
| 10.00am-10.45am                         | Agua Zumba                                    | 10.00am-10.45am                 | Agua Stretch                            |
|                                         | Exercise Class                                |                                 | Exercise Class                          |
| 10.45am-11.30am                         |                                               | 10.45am-1.40pm                  | Family Swimming                         |
| 10 50 and 11 20 and                     | Swim Session                                  |                                 | (D Area unavailable                     |
| 10.508111-11.208111                     | Beginners Water<br>Fitness                    | 12.00pm-1.30pm                  | 12.00pm-1.30pm)<br>Adult and Child      |
| 11.30am-12.15pm                         | Lane Swimming                                 | 12.00pm 1.50pm                  | Swim Lessons                            |
| 11.000.111 12.100.011                   | (D area unavailable)                          | 1.50pm-3.25pm                   | Exterminator                            |
| 11.30am-1.00pm                          | Adult and Child                               |                                 | (2 x 45 minute                          |
|                                         | Swim Lessons                                  |                                 | sessions starting at                    |
| 12.15pm-1.40pm                          | Family Swimming (D                            | 2 40                            | 1.50pm and 2.40pr                       |
|                                         | area unavailable until                        | 3.40pm-6.25pm                   | Junior Swimming                         |
| 1.50pm-3.25pm                           | 1.00pm)<br>Slippery Slide                     | 6.30pm-7.45pm                   | Lessons<br>Family Swimming              |
| 1.50pm 5.20pm                           | Inflatable Fun (2                             | 7.45pm-8.30pm                   | Lane Swimming                           |
|                                         | x 45 minute sessions                          | 8.30pm-9.15pm                   | Swim Fit                                |
|                                         | starting at 1.50pm                            |                                 |                                         |
|                                         | and 2.40pm)                                   | Friday 22 Augu                  | st                                      |
| 3.40pm-6.30pm                           | Junior Swimming                               | 6.00am-9.00am                   | Lane Swimming                           |
| 4 2Epm-72Epm                            | Lessons                                       | 9.00am-9.30am                   | Adult and Child                         |
| 6.35pm-7.35pm                           | Family Swimming (D<br>area unavailable until  |                                 | Swim Lessons                            |
|                                         | 7.05pm)                                       | 9.30am-11.00am                  | Family Swimming                         |
| 7.35pm-8.20pm                           | Lane Swimming                                 | 11.00am-11.45am                 | lane unavailable)<br>Aqua Tone Exercise |
| 8.20pm-9.05pm                           | Swimfit                                       | 11.00dfff=11.45dfff             | Class                                   |
|                                         |                                               | 11.15am-12.00pm                 | Parent and Toddle                       |
| Tuesday 19 Aug                          | aust                                          | 1                               | Swim Session                            |
| 6.00am-9.00am                           | Lane Swimming                                 | 12.00pm-1.30pm                  | Adult and Child                         |
| 9.00am-9.30am                           | Adult and Child                               |                                 | Swim Lessons                            |
| 0.00 40.45                              | Swim Lessons                                  | 12.00pm-1.30pm                  | Family Swimming                         |
| 9.30am-10.15am<br>10.15am-11.10am       | Family Swimming                               |                                 | (D area unavailable                     |
| 10.13df11=11.10df11                     | Disabled Swim<br>Session                      | 1.40pm-2.25pm                   | 12.00pm-1.30pm)<br>Aqua Glide           |
| 11.15am-12.00pm                         | Aqua Stretch                                  | 1.100111 2.200111               | Inflatable Fun                          |
|                                         | Exercise Class                                | 2.30pm-3.00pm                   | Adult Swimming                          |
| 12.00pm-1.40pm                          | Family Swimming                               |                                 | Lessons                                 |
|                                         | (D area unavailable                           | 3.40pm-5.35pm                   | Junior Swimming                         |
| 12 00pm_1 20pm                          | 12.00pm-1.30pm)                               | E 4Epm-4 20pm                   | Lessons                                 |
| 12.00pm-1.30pm                          | Adult and Child<br>Swim Lessons               | 5.45pm-6.30pm                   | Aqua Stretch<br>Exercise Class          |
| 1.50pm-3.25pm                           | Splat and Stepping                            | 6.30pm-7.30pm                   | Family Swimming                         |
|                                         | Stones Inflatable                             | 7.30pm-9.00pm                   | Lane Swimming                           |
|                                         | Fun (2 x 45 minute                            |                                 |                                         |
|                                         | sessions starting at                          | Saturday 23 Au                  | gust                                    |
| 240                                     | 1.50pm and 2.40pm)                            | 8.00am-9.00am                   | Junior Lifesaving                       |
| 3.40pm-6.30pm                           | Junior Swimming<br>Lessons                    |                                 | Club                                    |
| 6.00pm-7.00pm                           | Family Swimming (D                            | 8.25am-10.40am                  | Junior Swimming                         |
| 0.0000000000000000000000000000000000000 | area unavailable until                        | 10.45am-1.40pm                  | Lessons<br>Family Swimming              |
|                                         | 6.30pm)                                       | 1.45pm-3.20pm                   | Inflatable Fun (2 x                     |
| 7.00pm-7.45pm                           | Aqua Stretch                                  | opini oizopini                  | minute sessions                         |
| 750                                     | Exercise Class                                |                                 | starting at 1.45pm                      |
| 7.50pm-8.35pm                           | Ladies Only Swim                              |                                 | and 2.35pm)                             |
| 8.40pm-9.25pm                           | Session<br>Lane Swimming                      | 3.30pm-8.00pm                   | Closed for Private                      |
| 0.40pm 7.25pm                           | Earle Swittining                              |                                 | Parties                                 |
| Wednesday 20                            | August                                        | Cum day 24 Ave                  |                                         |
| 6.00am-9.00am                           | Lane Swimming                                 | Sunday 24 Aug<br>7.00am-7.45am  | Lane Swimming                           |
| 9.00am-9.30am                           | Adult and Child Swim                          | 7.50am-8.55am                   | Eamily Swimming                         |
|                                         | Lessons                                       | 8.25am-11.15am                  | Family Swimming<br>Junior Swimming      |
| 9.30am-10.30am                          | Family Swimming<br>Parent and Toddler         |                                 | Lessons                                 |
| 10.30am-11.15am                         | Parent and Toddler<br>Swim Session            | 10.45am-3.55pm                  | Family Swimming                         |
| 10/15am-1130am                          | Aqua Tone Exercise                            |                                 | (D area unavailable                     |
| 10.4Jaiii 11.30aiii                     | Class                                         | 4.00                            | until 11.15am)                          |
| 11.30am-1.30pm                          | Adult and Child Swim                          | 4.00pm-6.15pm                   | Junior Swimming<br>Lessons              |
|                                         | Lessons                                       | 6.20pm-8.00pm                   | Lane Swimming                           |
| 12.30pm-1.40pm                          | Family Swimming                               | 0.200111 0.0000111              | Earle Swittining                        |
|                                         | (D area unavailable                           |                                 |                                         |
| 150                                     | 12.30pm-1.30pm)                               |                                 |                                         |
| 1.50pm-3.25pm                           | Exterminator (2 x 45 minute sessions starting | A                               |                                         |
|                                         | at 1.50pm and 2.40pm)                         |                                 |                                         |
| 3.40pm-6.25pm                           | at 1.50pm and 2.40pm)<br>Junior Swimming      |                                 |                                         |
|                                         | Lessons                                       |                                 |                                         |
| 6.30pm-7.15pm                           | Aqua Tone Exercise                            |                                 |                                         |
| 4 20mm 045mm                            | Class<br>Family Swimming                      | - 1                             |                                         |
| 6.30pm-8.15pm                           | Family Swimming<br>(Shallow end only until    |                                 |                                         |
|                                         | 7.15pm)                                       |                                 |                                         |

8.15pm-9.00pm Lane Swimming

Week Five

#### Swim Lessons .50pm-3.25pm Exterminator (2 x 45 minute sessions starting at 3.40pm-6.25pm Junior Swimming Lessons .30pm-7.45pm Family Swimming .45pm-8.30pm Lane Swimming 3.30pm-9.15pm Swim Fit Friday 22 August 6.00am-9.00am Lane Swimming 2.00am-9.30am Adult and Child Swim Lessons 9.30am-11.00am Family Swimming (1 lane unavailable 1.00am-11.45am Agua Tone Exercise Class 1.15am-12.00pm Parent and Toddler 2.00pm-1.30pm Adult and Child Swim Lessons 2.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm) .40pm-2.25pm Aqua Glide 2.30pm-3.00pm Adult Swimming Lessons 3.40pm-5.35pm Junior Swimming Lessons 5.45pm-6.30pm Aqua Stretch Exercise Class .30pm-7.30pm Family Swimming 7.30pm-9.00pm Lane Swimming Saturday 23 August 3.00am-9.00am Junior Lifesaving Club 3.25am-10.40am Junior Swimming Lessons 0.45am-1.40pm Family Swimming .45pm-3.20pm Inflatable Fun (2 x 45 starting at 1.45pm 3.30pm-8.00pm Closed for Private Parties Sunday 24 August 7.00am-7.45am Lane Swimming 7.50am-8.55am Family Swimming 3.25am-11.15am Junior Swimming Lessons 0.45am-3.55pm Family Swimming (D area unavailable until 1115am) 4.00pm-6.15pm Junior Swimming Lessons 6.20pm-8.00pm Lane Swimming



| Monday 25 Aug                     | just - Bank Holiday                                           |
|-----------------------------------|---------------------------------------------------------------|
| 6.00am-9.00am                     | Lane Swimming                                                 |
| 9.00am-10.00am                    | Adult and Child                                               |
| 40.00                             | Swim Lessons                                                  |
| 10.00am-10.45am                   | Aqua Zumba                                                    |
| 10.45am-11.30am                   | Exercise Class<br>Parent and Toddler<br>Swim Session          |
| 10.50am-11.20am                   | Beginners Water<br>Fitness                                    |
| 11.30am-12.15pm                   | Lane Swimming<br>(D area unavailable)                         |
| 11.30am-1.00pm                    | Adult and Child<br>Swim Lessons                               |
| 12.15pm-1.40pm                    | Family Swimming (D<br>area unavailable until                  |
|                                   | 1.00pm)                                                       |
| 1.50pm-3.25pm                     | 1.00pm)<br>Aqua Glide                                         |
|                                   | Inflatable Fun                                                |
|                                   | (2 x 45 minute                                                |
|                                   | sessions starting at<br>1.50pm and 2.40pm)                    |
| 3.40pm-6.30pm                     | Junior Swimming                                               |
|                                   | Lessons                                                       |
| 6.35pm-7.35pm                     | Family Swimming (D                                            |
|                                   | area unavailable until<br>7.05pm)                             |
|                                   | 7.05pm                                                        |
| Tuesday 26 Aug                    | aust                                                          |
| 6.00am-9.00am                     | Lane Swimming                                                 |
| 9.00am-9.30am                     | Lane Swimming<br>Adult and Child                              |
| 9.30am-10.15am                    | Swim Lessons                                                  |
| 10.15am-11.10am                   | Family Swimming<br>Disabled Swim                              |
| 10.100111 11.100111               | Session                                                       |
| 11.15am-12.00pm                   | Aqua Stretch                                                  |
| 12.00000-1.40000                  | Exercise Class                                                |
| 12.00pm-1.40pm                    | Family Swimming                                               |
|                                   | (D area unavailable<br>12.00pm-1.30pm)                        |
| 12.00pm-1.30pm                    | Adult and Child                                               |
| 4.50 0.05                         | Swim Lessons                                                  |
| 1.50pm-3.25pm                     | Exterminator<br>Inflatable Fun                                |
|                                   | (2 x 45 minute                                                |
|                                   | sessions starting at                                          |
|                                   | sessions starting at<br>1.50pm and 2.40pm)<br>Junior Swimming |
| 3.40pm-6.30pm                     | Junior Swimming                                               |
| 6.00pm-7.00pm                     | Lessons<br>Family Swimming (D                                 |
| 2.000011                          | area unavailable until                                        |
|                                   | 6.30pm)                                                       |
| 7.00pm-7.45pm                     | Aqua Stretch                                                  |
| 7.50pm-8.35pm                     | Exercise Class<br>Ladies Only Swim                            |
| 7.50pm 0.55pm                     | Session                                                       |
| 8.40pm-9.25pm                     | Lane Swimming                                                 |
| Wednesday 27                      | August                                                        |
| 6.00am-9.00am                     | Lane Swimming                                                 |
| 9.00am-9.30am                     | Adult and Child<br>Swim Lessons                               |
| 0.000                             | Swim Lessons                                                  |
| 9.30am-10.30am<br>10.30am-11.15am | Family Swiming<br>Parent Family Survey                        |
| 10.50dH1=11.15dM                  | Swim Session                                                  |
| 10.45am-11.30am                   | Aqua Tone Exercise                                            |
|                                   | Class                                                         |
| 11.30am-1.30pm                    | Adult and Child                                               |
| 12 30pm-1 40pm                    | Swim Lessons                                                  |

12.30pm-1.40pm Family Swimming

3.40pm-6.25pm Junior Swimming

8.15pm-9.00pm Lane Swimming

Lessons

Clace

1.50pm-3.25pm Aqua Glide

6.30pm-7.15pm

6.30pm-8.15pm

(D area unavailable

Aqua Tone Exercise

(Shallow end only until

Family Swimming

12.30pm-1.30pm)

Thursday 28 August 6.00am-9.00am Lane Swimming 9.00am-10.00am Adult and Child Swim Lessons 10.00am-10.45am Agua Stretch Exercise Class 10.45am-1.40pm Family Swimming (D Area unavailabl 12 00pm-1 30pm 12.00pm-1.30pm Adult and Child Swim Lessons 1.50pm-3.25pm Exterminator  $(2 \times 45 \text{ minute})$ sessions starting at 1.50pm and 2.40pm 3.40pm-6.25pm Junior Swimming Lessons 6.30pm-7.45pm Family Swimming 7.45pm-8.30pm Lane Swimming 8.30pm-9.15pm Swim Fit Friday 29 August 6.00am-9.00am Lane Swimming 9.00am-9.30am Adult and Child Swim Lessons 9.30am-11.00am Family Swimming ( lane unavailable 11.00am-11.45am Agua Tone Exercise Class 11.15am-12.00pm Parent and Toddler 12.00pm-1.30pm Adult and Child Swim Lessons 12.00pm-1.30pm Family Swimming (D area unavailable 12.00pm-1.30pm) 1.40pm-2.25pm Slippery Slide 2.30pm-3.00pm Adult Swimming Lessons 3.40pm-5.35pm Junior Swimming Lessons 5.45pm-6.30pm Aqua Stretch Exercise Class 6.30pm-7.30pm Family Swimming 7.30pm-9.00pm Lane Swimming Saturday 30 August

| 8.00am-9.00am  | Junior Lifesaving                      |
|----------------|----------------------------------------|
| 0.05 40.40     | Club                                   |
| 8.25am-10.40am | Junior Swimming<br>Lessons             |
| 10.45am-1.30pm | Family Swimming                        |
| 1.35pm-2.20pm  | Inflatable Fun                         |
| 2.30pm-4.30pm  | End of Summer Poo                      |
|                | Party (2 x 55 minute                   |
|                | sessions starting at 2.30pm and 3.30pm |
| 4.30pm-8.00pm  | Private hire                           |
|                |                                        |

#### Sunday 31 August

| J0am-7.45am  | Lane Swimming          |
|--------------|------------------------|
| 50am-8.55am  | Family Swimming        |
| 25am-11.15am | Junior Swimming        |
|              | Lessons                |
| .45am-3.55pm | Family Swimming (D     |
|              | area unavailable until |
|              | 11.15am)               |
| 00pm-6.15pm  | Junior Swimming        |
|              | Lessons                |
| 20pm-8.00pm  | Lane Swimming          |
|              | _                      |
| lust turn un |                        |

Inflatable Fun (2 x 45 Booking Advised at 150pm and 240pm

Week Siz