

# SWIM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:30am	Swim Club 06.00 - 07.15				Swim Club 06.00 - 07.45		
7:00am							
7:30am		Lane Swim 06.00 - 09.10	Lane Swim 06.00 - 09.30	Lane Swim 06.00 - 10.55			
8:00am							
8:30am	Lane Swim 06.00 - 10.55				Lane Swim 06.00 - 10.00		
9:00am						Lessons 08.00 - 10.30	Lane Swim 08.00 - 10.00
9:30am	Pre-school Lessons 09.00 - 10.20	Pre-school Lessons 09.10 - 10.30	Aqua Babies & Tots 09.30 - 11.00	Aqua Fit 09.00 - 10.00	Aqua Fit 09.00 - 10.00		
10:00am				Pre-school Lessons 10.00 - 11.00	Parent & Babe 10.00 - 10.55		
10:30am							
11:00am	School - 11.00 - 11.30	Adult Lessons 10.30 - 11.30				Family Fun 10.30 - 12.00	Family Fun 10.00 - 12.00
11:30am			Pre-school Lessons 11.00 - 12.50	School 11.00 - 12.00	Pre-school Lessons 11.00 - 12.20		
12:00pm							
12:30pm	Public Swim* 11.35 - 14.00	Public Swim* 09.10 - 13.25		Public Swim* 12.05 - 13.10			
1:00pm					Public Swim* 11.00 - 13.55	Lane Swim 12.00 - 13.45	Public Swim 12.00 - 13.45
1:30pm							
2:00pm		School 13.30 - 14.30	Public Swim* 09.30 - 15.55	School 13.15 - 14.15			
2:30pm	Disabled & Remedial 14.00 - 15.00				School 14:00 - 14:30		
3:00pm		Pre-school Lessons 14.30 - 15.10		Pre-school Lessons 14.30 - 15.10	Public Swim* 14.35 - 15.55	Parties 14.00 - 16.00	Parties 14.00 - 16.00
3:30pm	50+ Lane Swim*	Public Swim* 14.35 - 15.55					
4:00pm	50+ Social Swim						
4:30pm							
5:00pm	Lessons 16.00 - 18.00	Lessons 16.00 - 18.00	Lessons 16.00 - 18.00	Lessons 16.00 - 18.00	Lessons 16.00 - 18.00	Lane Swim 16.00 - 17.30	Lane Swim 16.00 - 17.00
5:30pm							Kingfishers Swim Club 16.00 - 18.00
6:00pm							
6:30pm	Lane Swim 18.00 - 19.00	Public Swim 18.00 - 19.00	Rookie Lifeguard 17.30 - 18.30	Public Swim 18.00 - 19.00	Rookie Lifeguard 18.00 - 19.00		
7:00pm							
7:30pm	Kingfishers Swim Club 19.00 - 21.00	Aqua Fit 19.00 - 20.00	Kingfishers Swim Club 19.00 - 21.00	Kingfishers Swim Club 18.30 - 21.00	Public Swim 18.00 - 20.00		
8:00pm							
8:30pm		Lane Swim 19.00 - 22.00		Lane Swim 18.00 - 22.00	Lane Swim 20.00 - 21.30		
9:00pm							
9:30pm	Tri Club 21.00 - 22.00		Lane Swim 21.00 - 22.00				
10:00pm							

<b>General Public Swim Access</b>
<b>Junior classes</b>
<b>Adult classes</b>
<b>Private Hire</b>
<b>School Bookings</b>

\* Lanes may be used subject to demand

^ Lane Swim if no parties (please call)

The information on this timetable is correct at the time of publication but may be subject to change at any time.

## POOL RATIOS & SAFETY

Ages 0-2 = 1 Adult per child.

Ages 3-4 = 1 Adult to 2 children.

Ages 5-7 = 1 Adult to 2 children.

Age 8+ and competent = swim alone.

Adult = 16 years and older.

No Rubber Rings allowed.

## POOL TERMS

**Competent swimmer** is defined as an individual who can swim 25m unaided.

Individuals qualify for **concession** prices if they are over 60 years of age or between 3 - 15 years of age.

Children **under 3** years old swim for free at Kings Fitness & Leisure.