

2nd November - 20th December Swimming Timetable

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
06:00	King fishers 6-7.15	Lane Swim 06:00-15:55	King fishers 6-7.15	Lane Swim 06:00-09:00	Lane Swim 06:00-10:00			06:00
06:30								
07:00	Lane Swim 06:00-14:00	Pre School 09:00 - 11:20	Lane Swim 06:00-14:15	Aquafit 09:00-09:45	Parent & Babe** 10.00 - 10.45	Lessons 08:00-11:45	Lane Swim 08:00 - 09:55	07:00
07:30								
08:00	Pre School 09:00 - 11:20	Pool Depth at 0.81m during 09:00-11:20	Aqua Babes, Aqua Tots & Adv Pre school 09:30 - 12:30	Pre School 10:00 - 11:10	Pool Depth at 0.81m during 10:30-11:10	Pre School 11:00 - 12:45	Family Swim* 10:00-10:45	08:00
08:30								
09:00	Disabled & Remedial 14.00 - 15.00	School 14:15-15:05	Lane Swim 11:10-15:55	Lane Swim 11:00-15:55	Family Swim* 14.00 - 14.45	Family Swim* 15.00 - 15.45	Family Swim* 11:00-11:45	09:00
09:30								
10:00	Lane Swim 15:00-15:55	Lessons 16:00-19:00 (1 Lane 18:15-19:00)	Lessons 16:00-19:00	Lessons 16:00-19:00	Lessons 16:00-19:00	Lane Swim 16.00 - 17.30	Lane Swim 16.00 - 17:00	10:00
10:30								
11:00	Lane Swim 18:15-19:00	Aquafit 19:00-19:45	Kingfishers 19:00-21:00	Kingfishers 18:30-21:00	Rookie 7-8pm	Lane Swim 18:15-19:00 = 1 lane 19:00-20:00 = 3 lane 20:00-21:30 = whole pool	Kingfishers 16:00-18:00	11:00
11:30								
12:00	Kingfishers 19:00-21:00	Lane Swim 20:00-22:00	Lane Swim 21:00-22:00	Lane Swim 21:00-22:00				12:00
12:30								
13:00	Tri Club 21:00 - 22:00							13:00
13:30								
14:00								14:00
14:30								14:30
15:00								15:00
15:30								15:30
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19:30								19:30
20:00								20:00
20:30								20:30
21:00								21:00
21:30								21:30

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

POOL RATIOS & SAFETY
Age 8+ and competent = Swim Alone
Adult = 16 years and older

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.

***FAMILY SWIM**
This session must be pre-booked
Available to all members
Available on a pay as you go basis to any accompanying parents/carers/siblings

****Parent & Babe**
This session must be pre-booked
Available to members and non members

LANE SWIM
Must be competent swimmers

Please use the poolside showers before your swim

You will need to arrive "beach ready"

Shower facilities are not available post swim