

	Complex Times	Family Swim Times	Adult Only Swim Times
Monday	6.30 - 22.00	8.30 - 18.30	6.30 - 8.30 18.30 - 21.45
Tuesday	6.30 - 22.00	8.30 - 18.30	6.30 - 8.30 18.30 - 21.45
Wednesday	6.30 - 22.00	8.30 - 18.30	6.30 - 8.30 18.30 - 21.45
Thursday	6.30 - 22.00	8.30 - 18.30	6.30 - 8.30 18.30 - 21.45
Friday	6.30 - 20.00	8.30 - 18.30	6.30 - 8.30 18.30 - 19.45
Saturday	7.00 - 19.00	8.30 - 17.30	7.00 - 8.30 17.30 - 18.45
Sunday	9.00 - 17.00	10.00 - 16.00	9.00 - 10.00 16.00 - 16.45

\* The Swimming Pool will be closed for swimming when Aquafit is on Tuesday & Thursday 9.30am till 10.15am \*

- Parents / guardians please see family swimming times, children 15 and under are not permitted to swim in adult only swimming times.
- Children must be off pool side and in the changing rooms before the start of the adults only swimming time.
- The Swimming pool will close 15 minutes before the complex closing time, this will give you enough time to be showered and changed in time for closing

**FOR CHILD SUPERVISION INFORMATION PLEASE SEE RULES OF THE POOL**