

DAY	GYM	SWIMMING POOL	SQUASH COURTS	STARBUCKS
Saturday	06:30–14:00	06:30–08:00 & Family swim 12:45–13:45	06:40–14:00	08:00–14:00
Sunday	06:30–14:00	06:30–09:00 & Family swim 11:45–12:45	06:40–14:00	08:00–14:00
Monday	06:30–14:00 & 18:00–22:00	06:30–10:00 & 18:00–20:00	06:40–14:00 & 18:00–22:00	08:00–14:00 & 18:00–20:00
Tuesday	06:30–14:00 & 18:00–22:00	06:30–11:00 & 12:30–14:00 & 20:00–22:00	06:40–14:00 & 18:00–22:00	08:00–14:00 & 18:00–20:00
Wednesday	06:30–14:00 18:00–22:00	*06:30–08:55 & 11:30–13:00 18:00–19:00 & 20:30–22:00	06:40–14:00 18:00–22:00	08:00–14:00 18:00–20:00
Thursday	06:30–14:00 & 18:00–22:00	06:30–09:00 & 11:00–14:00 & 20:00–22:00	06:40–14:00 & 18:00–22:00	08:00–14:00 & 18:00–20:00
Friday	06:30–14:00 & 18:00–22:00	08:00–09:00 & 13:00–13:45 & 20:30–22:00	06:40–14:00 & 18:00–22:00	08:00–14:00 & 18:00–20:00
September Extra Swimming Availability Monday 4th, Tuesday 5th, Wednesday 6th 6.30am-2pm and Friday 8th 8am-11am October Extra Swimming Availability Saturday 14th, Sunday 15th 6.30am-11am				

PLEASE DO NOT ENTER THE CHANGING ROOMS BEFORE THE STATED FACILITY START TIME
AND PLEASE CLEAR THEN WITHIN TEN MINUTES OF THE STATED FACILITY CLOSING TIME

*Wednesdays between 6.30am & 7.45am there will be four lanes
available for Health Club Members