

Monday 13th April - Friday 1st May 2026

		07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Mon	Pool	Blue	Blue	Blue	Yellow											
	Sauna	Pink	Pink	Pink	Pink											
Tues	Pool	Blue	Blue	Blue	Yellow											
	Sauna	Pink	Pink	Pink	Pink											
Wed	Pool	Blue	Blue	Blue	Yellow											
	Sauna	Pink	Pink	Pink	Pink											
Thur	Pool	Blue	Blue	Blue	Yellow								Blue		Blue	
	Sauna	Pink	Pink	Pink	Pink								Pink		Pink	
Fri	Pool	Blue	Blue	Blue	Yellow											
	Sauna	Pink	Pink	Pink	Pink											
Sat *	Pool	Blue	Blue	Blue	Red	Red	Red									
	Sauna	Pink	Pink	Pink												
Sun *	Pool	Blue	Blue	Blue	Red	Red	Red									
	Sauna	Pink	Pink	Pink												

* CLOSED Saturday 25th and Sunday 26th April for swim event

Lane Swim	Blue	50 minute session. 4 lane speeds.
Sauna	Pink	30 minute session. Shared sauna.
Relaxed Social	Yellow	50 minute session. Whole pool, 1 or 2 lanes. Paddle around and socialise
Fun Swim - Slide & Springboard	Red	1 hour 45 minute session. Including Springboard, Slide and Toddler Pools
Closed	Grey	