

# SWIMMING POOL HOLIDAY TIMETABLE AT ARNOLD LEISURE CENTRE

## Main Pool

<b>Monday</b>	7.30am - 9.00am	Adults Only
	9.30am - 10.30am	Kids Activities
	10.30am - 11.30am	Aqua Natal
	12.00pm - 1.10pm	Adults Only
	1.30pm - 3.30pm	Public Swim
	3.30pm - 4.15pm	Wet Workout
	4.30pm - 6.45pm	Public Swim
	7.00pm - 9.00pm	Swim Club
<b>Tuesday</b>	9.00pm - 10.00pm	Adults Only
	7.30am - 9.00am	Adults Only
	9.30am - 10.15am	Sedate Swim
	10.30am - 11.30am	Public Swim
	12.00pm - 1.10pm	Adults Only
	1.15pm - 2.00pm	Accessibility
	2.45pm - 3.45pm	Kids Activities
	4.00pm - 6.45pm	Public Swim
<b>Wednesday</b>	7.00pm - 8.00pm	Swim Club
	8.00pm - 9.00pm	Sub Aqua
	9.00pm - 10.00pm	Adults Only
	7.30am - 9.00am	Adults Only
	9.30am - 10.15am	Sedate Swim
	10.30am - 11.30am	Public Swim
	12.00pm - 1.10pm	Adults Only
	1.15pm - 2.15pm	Kids Activities
<b>Thursday</b>	4.30pm - 6.45pm	Public Swim
	7.00pm - 8.00pm	Swim Fit
	8.00pm - 9.00pm	Adults Only
	7.30am - 9.00am	Adults Only
	9.30am - 10.30am	Kids Activities
	11.00am - 11.45am	Wet Workout
	12.00pm - 1.10pm	Adults Only
	1.30pm - 2.15pm	Sedate Swim
<b>Friday</b>	2.30pm - 6.45pm	Public Swim
	7.00pm - 9.00pm	Swim Club
	9.00pm - 10.00pm	Adults Only
	7.30am - 9.00am	Adults Only
	10.15am - 11.00am	Sedate Swim
	12.00pm - 1.10pm	Adults Only
	1.30pm - 2.30pm	Kids Activities
	4.30pm - 6.45pm	Public Swim
<b>Saturday</b>	7.00pm - 9.00pm	Swim Club
	9.00pm - 10.00pm	Adults Only
	8.00am - 8.45am	Adults Only
	9.00am - 12.00pm	Junior Swimming Lessons
	12.00pm - 3.00pm	Public Swim
<b>Sunday</b>	3.15pm - 4.00pm	Children's Activity (please see reception)
	4.15pm - 5.15pm	Adults Only
	5.30pm -	Private Hire
	8.00am - 8.45am	Adult Swimming Lessons
	9.00am - 9.45am	Adults Only
	10.00am - 12.00pm	Family Swim
	12.00pm - 3.00pm	Public Swim
	3.15pm - 4.00pm	Aqua Run
	4.15pm - 6.15pm	Public Swim
	6.30pm - 7.30pm	Ladies Only
	7.30pm - 8.30pm	Swim Fit
	8.30pm - 9.30pm	Adults Only