

SWIMMING POOL TERM TIMETABLE AT ARNOLD LEISURE CENTRE

Main Pool

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| Monday | 7.30am - 8.45am | Adults Only |
| | 10.30am - 11.30am | Aqua Natal |
| | 12.00pm - 1.10pm | Public Swim* |
| | 3.30pm - 4.15pm | Wet Workout |
| | 4.30pm - 6.45pm | Public Swim* |
| | 7.00pm - 9.00pm | Arnold Swimming Club |
| | 9.00pm - 10.00pm | Adults Only |
| Tuesday | 7.30am - 8.45am | Adults Only |
| | 9.30am - 10.15am | Sedate Swim |
| | 10.30am - 11.15am | Public Swim* |
| | 12.00pm - 1.10pm | Public Swim* |
| | 1.15pm - 2.15pm | Accessibility Session |
| | 3.30pm - 4.15pm | Adults Swimming Lessons |
| | 4.30pm - 6.45pm | Public Swim* |
| | 7.00pm - 8.00pm | Arnold Swimming Club |
| 8.00pm - 9.00pm | In Depth Sub Aqua Club | |
| 9.00pm - 10.00pm | Adults Only | |
| Wednesday | 7.30am - 8.45am | Adults Only |
| | 9.30am - 10.15am | Sedate Swim |
| | 12.00pm - 1.10pm | Public Swim* |
| | 2.00pm - 3.00pm | Staff Training |
| | 4.30pm - 6.45pm | Public Swim* |
| | 7.00pm - 8.00pm | Swim Fit |
| 8.00pm - 10.00pm | Adults Only | |
| Thursday | 7.30am - 8.45am | Adults Only |
| | 11.00am - 11.45am | Wet Workout |
| | 12.00pm - 1.30pm | Public Swim* |
| | 1.30pm - 2.15pm | Sedate Swim |
| | 2.30pm - 6.45pm | Public Swim* |
| | 7.00pm - 9.00pm | Arnold Swimming Club |
| 9.00pm - 10.00pm | Adults Only | |
| Friday | 7.30am - 8.45am | Adults Only |
| | 10.15am - 11.00am | Sedate Swim |
| | 11.00am - 12.00pm | Accessibility Session |
| | 12.00pm - 1.10pm | Public Swim* |
| | 4.30pm - 6.45pm | Public Swim* |
| | 7.00pm - 9.00pm | Arnold Swimming Club |
| 9.00pm - 10.00pm | Adults Only | |
| Saturday | 8.00am - 8.45am | Adults Only |
| | 9.00am - 12.00pm | Junior Swimming Lessons |
| | 12.00pm - 3.00pm | Public Swim* |
| | 3.15pm - 4.00pm | Childrens Activity (please see reception) |
| | 4.15pm - 5.15pm | Adults Only |
| 5.30pm - | Private Hire | |
| Sunday | 8.00am - 8.45am | Adults Swimming Lessons |
| | 9.00am - 9.45am | Adults Only |
| | 10.00am - 12.00pm | Family Swim |
| | 12.00pm - 3.00pm | Public Swim* |
| | 3.15pm - 4.00pm | Disco 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 | |

* 1 Laned Swim