



Swimming Pool Opening Times and Activities

Early Morning Swim 7.30am – 9.00am must be a competent swimmer		
Day	Main Pool	Learner Pool
Monday	7.30am – 9am 12.30pm - 1.30pm 2.30pm – 9.15pm STA Swim Academy Classes (shallow end) 3.30 – 4.35 5.15 – 5.45 Play Session 2.30 – 5.00 Lane Swim 5.45 – 7.00 Lecale Swimming Club 2 lanes Mon 7.00 – 9.15	12.30pm - 1.30pm 3.00pm – 9.15pm STA Swim Academy Classes (one half) 2.55 – 3.25 (one half) 4.40 – 5.10 (one half) 5.50 – 6.20 Play Session 3.00 – 5.00
Tuesday	12.30pm - 1.30pm 2.30pm – 9.15pm Ladies Only Swim 11.30 – 12.30 STA Swim Academy Classes (shallow end) 3.30 – 4.35 4.40 – 5.45 Play Session 2.30 – 5.00 Lane Swim 5.00 – 7.00 Lecale Swimming Club 2 lanes Tues 7.00 – 9.30	12.30pm - 1.30pm 2.30pm – 9.15pm STA Swim Academy Classes (one half) 2.55 – 3.25 (one half) 5.50 – 6.20 Play Session 2.30 – 5.00
Wednesday	7.30am – 9am 12.30pm - 1.30pm 2.30pm – 5.45pm STA Swim Academy Classes 3.55 – 9.40	12.30pm - 1.30pm 2.30pm – 4.15pm STA Swim Academy Classes 4.30 – 7.55

Times may Vary depending on demand
PH opening Times will vary: contact the centre for further details



Day	Main Pool	Learner Pool
Thursday	12.30pm - 1.30pm 2.30pm – 9.45pm Ladies Only Swim 11.30 – 12.30 STA Swim Academy Classes (shallow end) 3.30 – 4.35 5.50 – 6.20 Play Session 2.30 – 5.00 Lane Swim 5.00 – 7.00 Aqua Zumba 7.30 – 8.15 Adults Only 8.15 – 9.45	12.30pm - 1.30pm 3.00pm – 7.30pm STA Swim Academy Classes (one half) 2.55 – 3.25 (one half) 4.40 – 5.45 Play Session 3.00 – 5.00
Friday	7.30am – 9am 12.30pm - 1.30pm 2.30pm – 6.45pm Play Session 2.30 – 5.00 Lane Swim 5.00 – 6.45 Lecale 7.00 – 9.45	12.30pm - 1.30pm 2.30pm – 6.45pm Play Session 2.30 – 5.00
Saturday	11.30am - 5.15pm DPK School of Lifesaving 8.30 – 10.00 STA Swim Academy Classes 10.00 – 11.30 (Shallow End) 11.30 – 12.00 Play Session 2.30 – 5.00	11.30am - 5.15pm STA Swim Academy Classes 10.00 – 11.30 (1/2 Pool) 11.30 – 12.00 Play Session 2.30 – 5.00
Sunday	2.00pm – 5.45pm Play Session 2.30 – 5.00	2.00pm – 5.45pm Play Session 2.30 – 5.00

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