

Aquatics Centre (JCCS)

Day & Time	Activity
Mon 6.45am - 9.00am	General Lane Session 50m
Mon 10.00am - 11.30am	General Lane Session 25m
Mon 11.30am - 12.30pm	General Swimming Adults (Shallow Water)
Mon 12.00pm - 3.00pm	General Lane Session 25m
Mon 12.15pm - 1.15pm	Masters Session 25m
Mon 4.00pm - 5.30pm	General Swimming 25m
Mon 4.00pm - 5.30pm	Swimming Lessons (Junior)
Mon 4.00pm - 7.00pm	Diving Lessons (Junior)
Mon 7.15pm - 8.15pm	Disabled Swim (Shallow Water)
Mon 8.30pm - 9.30pm	General Lane Session 25m
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Tue 6.45am - 9.00am	General Lane Session 25m
Tue 7.00am - 8.00am	Masters Session 25m
Tue 10.00am - 11.30am	General Lane Session 25m
Tue 12.00pm - 1.00pm	Aqua Aerobics (Shallow Water)
Tue 12.00pm - 1.00pm	Adult Swimming Lessons
Tue 12.00pm - 3.00pm	General Lane Session 50m
Tue 12.15pm - 1.15pm	Stroke Technique (Adults)
Tue 1.00pm - 1.45pm	Adult & Toddler (Shallow Water)
Tue 4.00pm - 8.30pm	General Lane Session 50m R
Tue 4.15pm - 4.45pm	Swimming Lessons (Junior)
Tue 7.15pm - 8.30pm	Masters Session 50m
Tue 8.00pm - 9.00pm	Diving Lessons (Adults)
Tue 8.30pm - 9.30pm	General Lane Session 50m
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Wed 6.45am - 9.00am	General Lane Session 50m R
Wed 10.00am - 11.30am	General Lane Session 50m
Wed 12.00pm - 3.00pm	General Lane Session 50m
Wed 12.00pm - 1.00pm	Diving Lessons (Adults)
Wed 12.15pm - 1.15pm	Masters Session 50m
Wed 4.00pm - 5.00pm	Diving Lessons (Junior)
Wed 4.00pm - 8.30pm	General Lane Session 25m (Adults)
Wed 4.15pm - 4.45pm	Swimming Lessons (Junior)
Wed 5.00pm - 6.30pm	General Swimming (Shallow Water)
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Aquatics Centre (JCCS)

Day & Time	Activity
Thu 6.45am - 9.00am	General Lane Session 50m
Thu 7.00am - 8.00am	Masters Session 50m
Thu 10.00am - 11.30am	General Lane Session 25m
Thu 12.00pm - 12.45pm	Adult & Toddler (Shallow Water)
Thu 12.00pm - 3.00pm	General Lane Session 25m
Thu 12.15pm - 1.15pm	Stroke Technique (Adults)
Thu 12.30pm - 1.15pm	Women Only (Shallow Water)
Thu 4.00pm - 6.00pm	Swimming Lessons (Junior)
Thu 4.00pm - 7.00pm	General Swimming 25m
Thu 7.00pm - 9.30pm	General Lane Session 25m (Adults)
Thu 8.00pm - 9.00pm	Diving Lessons (Adults)
Thu 8.00pm - 9.00pm	Masters Session 25m (No Coach)
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Fri 6.45am - 9.00am	General Lane Session 50m
Fri 10.00am - 11.30am	General Lane Session 50m
Fri 12.00pm - 12.45pm	Disabled Swim (Shallow Water)
Fri 12.00pm - 3.00pm	General Lane Session 50m
Fri 12.15pm - 1.15pm	Masters Session 50m
Fri 4.00pm - 8.30pm	General Lane Session 50m R
Fri 4.15pm - 4.45pm	Swimming Lessons (Junior)
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Sat 7.30am - 9.30am	General Lane Session 50m
Sat 7.30am - 9.30am	Masters Session 50m
Sat 10.00am - 11.30am	Family Swim (Shallow Water)
Sat 12.00pm - 1.30pm	General Swimming 25m
Sat 1.30pm - 2.30pm	Fun Session (Shallow Water)
Sat 2.30pm - 3.30pm	General Swimming 25m
Sat 2.30pm - 3.30pm	Pool Party Hire
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Sun 9.00am - 10.15am	Master Session 25m
Sun 9.00am - 10.30am	Fun Session (Shallow Water)
Sun 11.00am - 12.30pm	Family Swim (Shallow Water)
Sun 11.00am - 1.00pm	General Lane Session 25m
Sun 2.00pm - 4.00pm	General Lane Session 50m
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Last Updated 04.08.11	
Timetable is subject to change	

R = Restricted. Some advertised sessions may have restricted space i.e. not all of the pool available for use.