	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30 am	Adult Squad		Adult Squad		Adult Squad		
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							Pilates / Adult Squad / Adult Stroke Correction
9:30 am					Learn to Swim		
10:00 am							Learn to Swim / Junior/ Senior Squad
10:30 am					Mum n Bubs Aqua Aerobics / Aqua Aerobics		
11:00 am			Senior's Swimming	Senior's Swimming			
11:30 am							
12:00 pm							
3:00 pm	Learn to Swim		Learn to Swim / Mini Squad	Learn to Swim			
3:30 pm							
4:00 pm	Junior/ Senior Squad		Junior/ Senior Squad	Junior/ Senior Squad			
4:30 pm							
5:00 pm	Aqua Aerobics		Swimming Club	Aqua Aerobics / Adult Squad / Adult Stroke Correction			Adult Squad / Aqua Aerobics
5:30 pm			Pilates				
6:00 pm							
6:30 pm							
7:00 pm							