

| MONDAY | | | |
|---------|---------|-------------|------------------|
| TIME | | Activity 1 | Activity 2 |
| 6.45am | 9.30am | Public | |
| 9.30am | 11.30am | Public | Starfish Lessons |
| 11.00am | 12.00pm | Public | School Lessons |
| 12.00pm | 3.30pm | Public | |
| 3.30pm | 7.00pm | Public | Lessons |
| 7.00pm | 8.00pm | Adults Only | |
| 8.00pm | 9.00pm | KASC | Adults Only |
| 9.00pm | 10.00pm | KASC | Sub Aqua |

| TUESDAY | | | |
|---------|---------|------------|----------------|
| TIME | | Activity 1 | Activity 2 |
| 6.30am | 9.30am | Public | |
| 9.30am | 10.30am | Public | School Lessons |
| 10.30am | 11.15am | Public | Aquatrims |
| 11.15am | 12.15pm | Public | School Lessons |
| 12.15pm | 4.00pm | Public | |
| 4.00pm | 6.45pm | Public | Lessons |
| 7.00pm | 9.30pm | KASC | |

| WEDNESDAY | | | |
|-----------|---------|------------|----------------|
| TIME | | Activity 1 | Activity 2 |
| 6.45am | 9.30am | Public | |
| 9.30am | 10.30am | Public | School Lessons |
| 10.30am | 11.00am | Public | |
| 11.00am | 11.45am | Public | Aquatrims |
| 11.45am | 4.00pm | Public | |
| 4.00pm | 7.15pm | Public | Lessons |
| 7.15pm | 8.00pm | Public | |
| 8.00pm | 8.45pm | Public | Aquatrims |

| THURSDAY | | | |
|----------|---------|------------|----------------|
| TIME | | Activity 1 | Activity 2 |
| 6.30am | 8.00am | Public | KASC |
| 8.00am | 9.30am | Public | |
| 9.30am | 10.30am | Public | School Lessons |
| 10.30am | 11.15am | Public | Aquatrims |
| 11.15am | 12.15pm | Public | School Lessons |
| 12.15pm | 3.45pm | Public | |
| 3.45pm | 5.45pm | Public | Lessons |
| 6.00pm | 8.00pm | KASL | |
| 8.00pm | 9.45pm | KASC | |

| FRIDAY | | | |
|---------|---------|------------|------------------|
| TIME | | Activity 1 | Activity 2 |
| 6.45am | 9.30am | Public | |
| 9.30am | 11.30am | Public | Starfish Lessons |
| 11.30am | 12.05pm | Public | |
| 12.05pm | 12.50pm | Public | Aquatrims |
| 12.50pm | 3.30pm | Public | |
| 3.30pm | 7.00pm | Public | Lessons |
| 7.00pm | 9.00pm | Public | |

| SATURDAY | | | |
|----------|--------|------------|------------|
| TIME | | Activity 1 | Activity 2 |
| 6.45am | 8.30am | Public | KASC |
| 8.30am | 1.00pm | Public | Lessons |
| 1.15pm | 2.45pm | Public* | |
| 3.00pm | 4.30pm | Public* | |
| 4.45pm | 6.15pm | Public* | |

| SUNDAY | | | |
|--------|--------|---------------|------------|
| TIME | | Activity 1 | Activity 2 |
| 8.30am | 2.30pm | Public | Lessons |
| 3.00pm | 4.15pm | Public* | |
| 4.30pm | 5.45pm | Lane Swimming | Jets |
| 6.00pm | 9.00pm | KASC | |

*Advance booking is required to guarantee a space.
Small pool unavailable during lessons. Contact reception for more info.