

MONDAY			
TIME		Activity 1	Activity 2
6.45am	9.30am	Public*	
9.45am	11.15am	Public**	
11.30am	1.15pm	Public*	
1.30pm	3.00pm	Public*	
3.30pm	5.00pm	Public*	Lessons
5.00pm	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	9.00am	Public*	
9.00am	10.00am	Public**	
10.15am	11.30am	Public*	Aquatrims
11.45am	1.00pm	Public*	
1.15pm	3.00pm	Public*	
3.30pm	7.00pm	Public*	Lessons
7.00pm	9.30pm	KASC	

WEDNESDAY			
TIME		Activity 1	Activity 2
6.45am	9.00am	Public*	
9.15am	10.45am	Public**	
11.00am	12.45am	Public*	Aquatrims
1.00pm	3.00pm	Public*	
3.30pm	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
8.15am	10.15am	Public**	
10.30am	11.30am	Public*	Aquatrims
11.45am	1.15pm	Public*	
1.30pm	3.00pm	Public*	
3.30pm	5.45pm	Public*	Lessons
6.00pm	8.00pm	KASL	
8.00pm	9.45pm	KASC	

FRIDAY			
TIME		Activity 1	Activity 2
6.45am	9.00am	Public*	
9.00am	10.15am	Public**	
10.30am	11.30am	Public*	
11.45am	12.50pm	Public*	Aquatrims
1.00pm	3.00pm	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	1.00pm	Public	Lessons
1.15pm	2.45pm	Public*	
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.

** Summer of Sport bookable sessions.

Small pool unavailable during lessons. Contact reception for more info.