

Swimming Timetable from 18 Jan 2019

Main Pool

Friday 18 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

09:30 - 10:00 -- Flat out and Floating

11:00 - 11:30 -- Hydro HIIT **NEW**

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(1 narrow lane)

19:30 - 20:30 -- Reserved
(One Life Tri Club)

19:30 - 20:30 -- Public Swim
(1 narrow lane)

Saturday 19 Jan 2019

08:00 - 09:00 -- Public Swim
(2 wide lanes)
(3 Narrow Lanes)

09:00 - 12:00 -- Public Swim
(Plus 1 narrow lane)

12:00 - 14:45 -- Public Swim

14:55 - 15:25 -- Floatfit **NEW**

15:00 - 16:00 -- Lane Swimming
(2 narrow Lanes)

Sunday 20 Jan 2019

08:00 - 09:00 -- Public Swim
(4 wide lanes)

09:00 - 17:00 -- Public Swim
(1 wide Lane)

09:00 - 17:00 -- Fun Sessions

17:00 - 17:50 -- Public Swim
(6 narrow lanes)

17:50 - 18:00 -- Reserved
(Pool Set Up)

18:00 - 20:30 -- Reserved
(One Life Tri Club)

19:30 - 20:30 -- Public Swim
(2 wide lanes)

20:30 - 22:00 -- Public Swim
(4 wide lanes)

Monday 21 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(2 narrow lanes)

18:00 - 21:00 -- Reserved
(Tynedale Swimming Club)

20:00 - 21:00 -- Public Swim
(2 wide lanes)

21:00 - 22:00 -- Public Swim
(4 wide lanes)

Tuesday 22 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

11:30 - 12:00 -- Water for Sport

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(2 narrow lanes)

18:00 - 20:00 -- Reserved
(Tynedale Swimming Club)

20:00 - 22:00 -- Public Swim
(4 wide lanes)

Wednesday 23 Jan 2019

06:30 - 07:00 -- Public Swim
(4 wide lanes)

07:00 - 08:00 -- Public Swim
(3 wide lanes)

08:00 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(1 narrow lane)

18:00 - 21:00 -- Reserved
(One Life Tri Club)

18:00 - 19:00 -- Public Swim
(3 narrow lanes)

19:00 - 20:00 -- Public Swim
(1 narrow lane)

20:00 - 20:45 -- Lane Swimming
(2 Wide Lanes)

20:55 - 21:25 -- Floatfit **NEW**

Thursday 24 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

09:45 - 10:15 -- Aquajog **NEW**

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 17:00 -- Public Swim

17:00 - 18:00 -- Public Swim
(1 narrow lane)

18:00 - 21:00 -- Reserved
(Tynedale Swimming Club)

20:00 - 21:00 -- Lane Swimming

21:00 - 22:00 -- Public Swim
(4 wide lanes)

Friday 25 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

09:30 - 10:00 -- Flat out and Floating

11:00 - 11:30 -- Hydro HIIT **NEW**

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(1 narrow lane)

19:30 - 20:30 -- Reserved
(One Life Tri Club)

19:30 - 20:30 -- Public Swim
(1 narrow lane)

Saturday 26 Jan 2019

08:00 - 09:00 -- Public Swim
(2 wide lanes)
(3 Narrow Lanes)

09:00 - 12:00 -- Public Swim
(Plus 1 narrow lane)

12:00 - 14:45 -- Public Swim

14:55 - 15:25 -- Floatfit **NEW**

15:00 - 16:00 -- Lane Swimming
(2 narrow Lanes)

15:30 - 16:00 -- Floatfit **NEW**

Sunday 27 Jan 2019

08:00 - 09:00 -- Public Swim
(4 wide lanes)

09:00 - 17:00 -- Public Swim
(1 wide Lane)

09:00 - 17:00 -- Fun Sessions

17:00 - 17:50 -- Public Swim
(6 narrow lanes)

17:50 - 18:00 -- Reserved
(Pool Set Up)

18:00 - 20:30 -- Reserved
(One Life Tri Club)

19:30 - 20:30 -- Public Swim
(2 wide lanes)

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

20:30 - 22:00 -- Public Swim
(4 wide lanes)

Monday 28 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(2 narrow lanes)

18:00 - 21:00 -- Reserved
(Tynedale Swimming Club)

20:00 - 21:00 -- Public Swim
(2 wide lanes)

21:00 - 22:00 -- Public Swim
(4 wide lanes)

Tuesday 29 Jan 2019

06:30 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

11:30 - 12:00 -- Water for Sport

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(2 narrow lanes)

18:00 - 20:00 -- Reserved
(Tynedale Swimming Club)

20:00 - 22:00 -- Public Swim
(4 wide lanes)

Wednesday 30 Jan 2019

06:30 - 07:00 -- Public Swim
(4 wide lanes)

07:00 - 08:00 -- Public Swim
(3 wide lanes)

08:00 - 08:50 -- Public Swim
(4 wide lanes)

08:50 - 09:00 -- Reserved
(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

12:00 - 12:10 -- Reserved
(Pool Set Up)

12:10 - 13:00 -- Public Swim
(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 18:00 -- Public Swim
(1 narrow lane)

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Small Pool

18:00 - 21:00 -- Reserved

(One Life Tri Club)

18:00 - 19:00 -- Public Swim

(3 narrow lanes)

19:00 - 20:00 -- Public Swim

(1 narrow lane)

20:00 - 20:45 -- Lane Swimming

(2 Wide Lanes)

20:55 - 21:25 -- Floatfit **NEW**

Thursday 31 Jan 2019

06:30 - 08:50 -- Public Swim

(4 wide lanes)

08:50 - 09:00 -- Reserved

(Pool Set Up)

09:00 - 12:00 -- Public Swim

09:00 - 12:00 -- School Swimming

09:45 - 10:15 -- Aquajog **NEW**

12:00 - 12:10 -- Reserved

(Pool Set Up)

12:10 - 13:00 -- Public Swim

(2 lanes during school holidays)

13:00 - 18:00 -- Public Swim

13:00 - 14:00 -- School Swimming

15:30 - 17:00 -- Public Swim

17:00 - 18:00 -- Public Swim

(1 narrow lane)

18:00 - 21:00 -- Reserved

(Tynedale Swimming Club)

20:00 - 21:00 -- Lane Swimming

21:00 - 22:00 -- Public Swim

(4 wide lanes)

Friday 18 Jan 2019

07:00 - 10:15 -- Public Swim

(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Swimming For The Terrified

(This is an bookable Adult swimming lesson)

12:00 - 13:00 -- Public Swim

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved

(Pool Set Up)

14:10 - 14:55 -- Active Life Aquafit

14:55 - 15:25 -- Active Life Aquafit

(Active Life Deep Water)

15:30 - 18:00 -- Swim Lesson

18:00 - 20:00 -- Public Swim

(1.25 m)

Saturday 19 Jan 2019

08:00 - 08:50 -- Public Swim

(Pool Depth 1.25M)

08:50 - 09:00 -- Reserved

12:00 - 16:00 -- Public Swim

(Pool Depth 0.75M)

Sunday 20 Jan 2019

08:00 - 09:00 -- Public Swim

(1.25m depth)

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

09:00 - 16:15 -- Public Swim
(Family Friendly)

16:30 - 17:00 -- Hydro Pole **NEW**

17:00 - 17:15 -- Reserved
(Pool Set Up)

17:15 - 18:00 -- Aqua Circuits

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 20:00 -- Public Swim
(Pool Depth 1.25M)

Monday 21 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Hydro HIIT **NEW**

12:00 - 13:00 -- Public Swim

13:00 - 15:00 -- School Swimming

15:00 - 15:30 -- Public Swim
(Pool Depth 0.75M)

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:10 - 19:55 -- Aquafit

20:00 - 20:30 -- Hydro HIIT **NEW**

Tuesday 22 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Aquafit

10:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

20:00 - 20:30 -- Hydro Pole **NEW**

Wednesday 23 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

09:15 - 11:00 -- Public Swim
(Pool Depth 1.25M)

11:00 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:30 -- School Swimming

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:30 -- Active Life Aquafit

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 19:30 -- Aqua Therapy
(Deep Water 1.75m)

20:00 - 20:30 -- Hydro Fighter

Thursday 24 Jan 2019

07:00 - 09:30 -- Public Swim
(Pool Depth 1.25M)

10:30 - 10:35 -- Reserved
(Pool Set Up)

10:35 - 11:20 -- Aqua Circuits

11:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:30 -- Aquafit
(Intro Class)

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:20 -- Aqua Therapy

15:20 - 15:30 -- Reserved
(Pool Set Up)

15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

Friday 25 Jan 2019

07:00 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Swimming For The Terrified
(This is an bookable Adult swimming lesson)

12:00 - 13:00 -- Public Swim

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

14:10 - 14:55 -- Active Life Aquafit

14:55 - 15:25 -- Active Life Aquafit
(Active Life Deep Water)

15:30 - 18:00 -- Swim Lesson

18:00 - 20:00 -- Public Swim
(1.25 m)

Saturday 26 Jan 2019

08:00 - 08:50 -- Public Swim
(Pool Depth 1.25M)

08:50 - 09:00 -- Reserved

12:00 - 16:00 -- Public Swim
(Pool Depth 0.75M)

Sunday 27 Jan 2019

08:00 - 09:00 -- Public Swim
(1.25m depth)

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

09:00 - 16:15 -- Public Swim
(Family Friendly)

16:30 - 17:00 -- Hydro Pole **NEW**

17:00 - 17:15 -- Reserved
(Pool Set Up)

17:15 - 18:00 -- Aqua Circuits

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 20:00 -- Public Swim
(Pool Depth 1.25M)

Monday 28 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Hydro HIIT **NEW**

12:00 - 13:00 -- Public Swim

13:00 - 15:00 -- School Swimming

15:00 - 15:30 -- Public Swim
(Pool Depth 0.75M)

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:10 - 19:55 -- Aquafit

20:00 - 20:30 -- Hydro HIIT **NEW**

Tuesday 29 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Aquafit

10:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

20:00 - 20:30 -- Hydro Pole **NEW**

Wednesday 30 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

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09:15 - 11:00 -- Public Swim
(Pool Depth 1.25M)

11:00 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:30 -- School Swimming

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:30 -- Active Life Aquafit

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 19:30 -- Aqua Therapy
(Deep Water 1.75m)

20:00 - 20:30 -- Hydro Fighter

15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

Thursday 31 Jan 2019

07:00 - 09:30 -- Public Swim
(Pool Depth 1.25M)

10:30 - 10:35 -- Reserved
(Pool Set Up)

10:35 - 11:20 -- Aqua Circuits

11:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:30 -- Aquafit
(Intro Class)

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:20 -- Aqua Therapy

15:20 - 15:30 -- Reserved
(Pool Set Up)

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.