

Swimming Timetable from 18 Jan 2019

Main Pool

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

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)

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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.

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

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**

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Small Pool

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)

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

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)

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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

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

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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)

18:15 - 19:00 -- Aquafit

19:00 - 20:00 -- Public Swim

(Pool Depth 1.25M)

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)

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)

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