

## Updated: June 2025

		07.00		08.00		09.00		10.00		11.00		12.00		13.00		14.00		15.00		16.00		17.00		18.00		19.00		20.00		21.00		22.00	
MONDAY	6	LANE SWIMMING										MAPLES	AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	FREE DIVE										
	5																																
	4																																
	3																																
	2																																
		SWIMSTARS LESSONS						PUBLIC SWIM	SWIMSTARS	PUBLIC SWIM	PUBLIC SWIM	SWIMSTARS SWIMMING LESSONS																					
TUESDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING			SWIMSTARS SWIMMING LESSONS	60+ SWIMMING	LANE SWIMMING			SCHOOLS		STAFF TRAINING	SWIMSTARS SWIMMING LESSONS			SOUNDWELL SWIMMING CLUB	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)														
	5						PUBLIC SWIM																										
	4																																
	3																																
	2																																
		SWIMSTARS SWIMMING LESSONS						PUBLIC SWIM		PUBLIC SWIM	SCHOOLS	SWIMSTARS SWIMMING LESSONS																					
WEDNESDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING			SCHOOLS			AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB		CANOE POLO (22:30)														
	5																																
	4																																
	3																																
	2																																
		SWIMSTARS SWIMMING LESSONS						SCHOOLS				SWIMSTARS SWIMMING LESSONS				SOUNDWELL CLUB																	
THURSDAY	6	LANE SWIMMING			SCHOOLS	60+ HALF AND HALF LANES	LANE SWIMMING			SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB	LANE SWIMMING (55 mins)	TRI CLUB	LANE SWIMMING (55 mins)																	
	5						PUBLIC SWIM																										
	4																																
	3																																
	2																																
		SWIMSTARS SWIMMING LESSONS						PUBLIC SWIM		SCHOOLS	PUBLIC SWIM	SWIMSTARS SWIMMING LESSONS																					
FRIDAY	6	SOUNDWELL SWIMMING CLUB 05:20-06:50	LANE SWIMMING				AQUAFIT	LANE SWIMMING (55 mins)	SCHOOLS	LANES (55min) PRE-BOOKING REQUIRED*	SWIMSTARS SWIMMING LESSONS	SOUNDWELL SWIMMING CLUB																					
	5																																
	4																																
	3																																
	2																																
		SWIMSTARS LESSONS			PUBLIC SWIM		SWIMSTARS PUBLIC SWIM		SCHOOLS			SWIMSTARS SWIMMING LESSONS																					
SATURDAY	6	SWIMSTARS SWIMMING LESSONS					ROOKIES	PUBLIC SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*																					
	5																																
	4																																
	3																																
	2																																
		SWIMSTARS SWIMMING LESSONS					PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PARTIES	PARTIES	AUTISM SWIM / PARTIES																					
SUNDAY	6				LANE SWIMMING	PUBLIC SWIM	PUBLIC SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS				SOUNDWELL SWIMMING CLUB			CANOE POLO (21:30)																	
	5																																
	4																																
	3																																
	2																																
					PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	SWIMSTARS PUBLIC SWIM	SWIMSTARS LESSONS	SOUNDWELL CLUB																				

PARTIES