

Gracemount pool timetable

5th January - 7th April 2019

	06.30	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	
Mon	Public Swimming with Lane(s)		Lessons Limited Area Swimming			Public Swimming with Lane(s)		Lessons					Adults Only** AquaFit	Adults Only with Lane(s)		Pool Closed	
Tues	Public Swimming with Lane(s)		Public Swimming** AquaFit AquaFit AquaFit		Public Swimming with Lane(s)			Lessons Public Swimming	Lessons		Public Swimming with Lane(s)	Adults Only** AquaFit	Club Session				
Wed	Public Swimming with Lane(s)		Public Swimming** AquaFit Lessons		Public Swimming with Lane(s)			Lessons				Adults Only** AquaFit	Public Swimming with Lane(s)	Adults Only with Lane(s)			
Thurs	Public Swimming with Lane(s)		School Sessions Public Swimming			Public Swimming with Lane(s)	School Sessions Public Swimming	Lessons				Public Swimming with Lane(s)	Adults Only** AquaFit	Adults Only with Lane(s)			
Fri	Public Swimming with Lane(s)			Public Swimming** AquaFit AquaFit		Restricted Lane Swimming H2O HIIT	Public Swimming with Lane(s)	Lessons				Public Swimming with Lane(s)	Open All Hours S1-S6 Lane Swim	P/S with Lane(s)	Pool Closed		
Sat	Pool Closed		Lessons				Public Swimming with Lane(s)		Inflatable Fun Session*	Pool Closes at 14.45 Inflatable Fun Session 15.00 - 15.45							
Sun	Pool Closed		Family Swimming			Public Swimming with Lane(s)			Inflatable Fun Session*								

Adult to child ratio:

Under 5 - One adult to one child with or without armbands or one adult to two children with armbands

5 to 8 years old - One adult to two children with or without armbands

Mixed Ages - One adult to one under 5 and one 5 to 8 years old if the under 5 is wearing armbands

* Inflatable Fun Session is a separate bookable activity for children aged 3 to 12 years with limited spaces. Usual Adult to Child ratios apply/

** Deep end available only. No armbands and competent swimmers only. Sauna is open during public swimming times only.

Monday to Friday the swimming lanes will be removed 10 minutes prior to the pool closing at 14.00 to allow for setup of swimming lessons

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