

Gracemount pool timetable

22nd October - 21st December

| | 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 | | | Public Swimming with Lane(s) | | Lessons | | | | | Adults Only** | Adults Only with Lane(s) | | Pool Closed |
| | | | Limited Area Swimming | | | | | | | | | | Aquafit | | | |
| Tues | Public Swimming with Lane(s) | | Public Swimming** | | | Public Swimming with Lane(s) | | Lessons | Lessons | | | Public Swimming with Lane(s) | Adults Only** | Club Session | | |
| | | | Aquafit | Aquafit | Aquafit | | | Public Swimming | | | | | Aquafit | | | |
| Wed | Public Swimming with Lane(s) | | Public Swimming** | | | Public Swimming with Lane(s) | | Lessons | | | | Adults Only** | Public Swimming with Lane(s) | Adults Only with Lane(s) | | |
| | | | Aquafit | Lessons | | | | | | | | Aquafit | | | | |
| Thurs | Public Swimming with Lane(s) | | School Sessions | | | Public Swimming with Lane(s) | School Sessions | Lessons | | | | Public Swimming with Lane(s) | Adults Only** | Adults Only with Lane(s) | | |
| | | | Public Swimming | | | | Public Swimming | | | | | Aquafit | | | | |
| Fri | Public Swimming with Lane(s) | | | Public Swimming** | | Restricted Lane Swimming | Public Swimming with Lane(s) | Lessons | | | | Public Swimming with Lane(s) | Open All Hours S1-S6 | Adults Only with Lane(s) | Pool Closed | |
| | | | | Aquafit | Aquafit | H2O HIIT | | | | | | | | | | |
| 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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