

main pool aquatic programme

Monday 5 January - Friday 3 April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200	0630 0700 0730 0800 0830 0900 0930 1000 1030 1100 1130 1200 1230 1300 1330 1400 1430 1500 1530 1600 1630 1700 1730 1800 1830 1900 1930 2000 2030 2100 2130 2200
LANE SWIMMING PUBLIC SWIMMING AQUA AEROBICS LANE SWIMMING PUBLIC SWIMMING AQUA WALKING SWIM CLASSES LANE SWIMMING 1:1 PUBLIC SWIMMING ADULT SWIM LESSONS CLUB SESSION	CLUB LANE SWIMMING PUBLIC SWIMMING AQUA WALKING SKILLS/DRILLS SCHOOLS PUBLIC SWIMMING CLUB SESSION LANE SWIMMING	CLUB LANE SWIMMING PUBLIC SWIMMING AQUA WALKING WELLNESS SESSION SWIM CLASSES LANE SWIMMING AQUA NATAL PUBLIC DEEP WATER AEROBICS CHILL OUT SESSION	LANE SWIMMING PUBLIC SWIMMING AQUA WALKING PUBLIC SWIMMING AQUA DEEP CLUB SESSION LADIES ONLY	CLUB LANE SWIMMING SCHOOLS PUBLIC SWIMMING WELLNESS SESSION LANE SWIMMING AQUA WALKING THE HUB SWIM CLASSES LANE SWIMMING SKILLS/DRILLS PUBLIC SWIMMING CLUB SESSION	SWIM CLASSES DEEP WATER AEROBICS PUBLIC FAMILY SENSOY FRIENDLY	LANE SWIMMING PUBLIC SWIMMING POOL PARTY / PRIVATE HIRE INFLATABLE / FUN SESSION PUBLIC MASTERS SWIMMING LANES CLUB CLUB SESSION

AQUA AEROBICS

A fun 45-minute dance based fitness class suitable for all abilities.

AQUA NATAL

A fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward (1740-1840)

AQUA WALKING

The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

CHILL OUT SESSION

This adult only session has darkened lighting and ambient music for a end of day de-stress.

DEEP WATER AEROBICS

A 45-minute exercise to music class in deep water using aqua dumbbells and noodles (shallow water optional).

FAMILY SENSOY FRIENDLY

A session where the pool environment is adjusted to enhance the sensory experience of kids who may otherwise find it challenging.

INFLATABLE / FUN SESSION

This session will be our Pirate Aquarun or a Fun Session session. Check programme changes on the website for updates.

LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

MASTERS SWIMMING

Follow a set or take part at your own pace, min age 14+.

PUBLIC SWIMMING

AQUA DEEP

Deep water intervals with aqua belts for competent swimmers. Please arrive 5 mins early to fit belt. THU 1650-1720

THE HUB

Free session for secondary aged young people.

WELLNESS SESSION

Slower paced session that helps with recovery from illness or injury. Adults only.

Health Suite (16+ yrs)

Mon, Wed & Fri:

1000 - 1500, 1600 - 2030

Tue: 1000 - 2030

Thu: 1000-2000 (Ladies Only 2000-2100)

Sat: 1000 - 1300, 1400 - 1700

Sun: 1000 - 1300, 1400 - 1900

Family Session on Sat & Sun from 1000-1300 & 1400 - 1700, 8-15yrs must be accompanied by an adult

Combined tickets for swim and health

A large indoor swimming pool with a blue slide and colorful wall decorations. The pool is surrounded by a light-colored tiled deck with blue lane lines. The background features a wall with large windows and colorful panels in shades of purple, pink, and green. There are also some colorful objects hanging from the ceiling.

