



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00	Members-only Lane Swimming	Members-only Lane Swimming	Open to all lane swimming	Members-only Lane Swimming	Members-only Lane Swimming	Open to all lane swimming	Members-only Lane Swimming	
9:00								
10:00								
11:00	Open to all lane swimming	Open to all lane swimming	Members-only Lane Swimming	Speed training	Open to all lane swimming	Open to all lane swimming	Speed training	
12:00								
13:00								
14:00	Open to all lane swimming	Stroke training	Open to all lane swimming	Open to all lane swimming	Open to all lane swimming	Open to all lane swimming	Open to all lane swimming	
15:00		Kick training						Open to all lane swimming
16:00		Open to all lane swimming						
17:00	Open to all lane swimming		Members-only Lane Swimming	Stroke training	Members-only Lane Swimming			
18:00	Members-only Lane Swimming	Open to all Lane Swimming				Open to all lane swimming		
19:00	Members-only Lane Swimming	Open to all Lane Swimming	Members-only Lane Swimming	Open to all Lane Swimming	Members-only Lane Swimming	Members-only Lane Swimming	Stroke training	
20:00								
21:00								
22:00								

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Please note:

The Open Water Pod is open every day from 1pm-3pm.





Select which days:

Mon-Wed

▼

	Monday	Tuesday	Wednesday
8:00	Members-only Lane Swimming	Members-only Lane Swimming	Open to all lane swimming
9:00			
10:00			
11:00	Open to all lane swimming	Open to all lane swimming	Members-only Lane Swimming
12:00			
13:00			
14:00	Open to all lane swimming	Stroke training	Open to all lane swimming
15:00		Kick training	
16:00		Open to all lane swimming	
17:00			
18:00			
19:00	Members-only Lane Swimming	Members-only Lane Swimming	
20:00			
21:00			
22:00			

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Please note:

The Open Water Pod is open every day from 1pm-3pm.





Select which day:

Monday

▼

	Monday
8:00	
9:00	Members-only Lane Swimming
10:00	
11:00	
12:00	Open to all lane swimming
13:00	
14:00	
15:00	Kick training
16:00	Open to all lane swimming
17:00	
18:00	
19:00	Members-only Lane Swimming
20:00	
21:00	
22:00	

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Please note:

The Open Water Pod is open every day from 1pm-3pm.

