

# THE QUAYS SWIMMING & DIVING COMPLEX

15TH JULY - 14TH OCTOBER

MAIN POOL: TERM TIME	☀️ ☀️ ★🌙	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		SWIM CLUB 05.30 - 07.30	SWIM CLUB 05.30 - 07.30	SWIM CLUB 05.30 - 07.30	SWIM CLUB 05.30 - 07.30	SWIM CLUB 05.30 - 07.30	SWIM CLUB 05.30 - 07.30	SWIM CLUB 07.00 - 09.00	SWIMMING LESSONS 08.00 - 18.45
		EARLY MORNING SWIM 07.30 - 09.00	EARLY MORNING SWIM 07.30 - 09.00	EARLY MORNING SWIM 07.30 - 09.00	EARLY MORNING SWIM 07.30 - 09.00	EARLY MORNING SWIM 07.30 - 09.00	EARLY MORNING SWIM 07.30 - 09.00	LANE SWIMMING 09.00 - 15.30	ADULT ONLY LANE SWIM 09.00 - 10.00
		LANE SWIMMING 09.00 - 21.00	LANE SWIMMING 09.00 - 21.00	LANE SWIMMING 09.00 - 20.00	LANE SWIMMING 09.00 - 21.00	LANE SWIMMING 09.00 - 20.00	LANE SWIMMING 09.00 - 20.00	TRI-CLUB 09.00 - 10.00	
								SWIMMING LESSONS 10.00 - 13.00	
		SWIMMING LESSONS 16.00 - 18.00	SWIMMING LESSONS 16.00 - 18.00	SWIM CLUB 16.45 - 18.45	SWIM CLUB 16.45 - 20.00	SWIM CLUB 16.15 - 19.30	SWIM CLUB 16.15 - 19.30	PUBLIC SWIM 13.00 - 14.00	LANE SWIMMING 12.30 - 18.00
		SWIM CLUB 16.00 - 19.00	BUZZ NETWORK 16.30 - 17.30					AQUA WARRIOR SESSION 14.00 - 16.00	
TRI-CLUB 19.00 - 21.00	SWIM CLUB 17.00 - 19.30	SWIMFIT 19.00 - 20.00	MASTERS SWIM CLUB 20.00 - 21.00	ADULTS SWIM LESSONS 19.20 - 21.00	ADULTS SWIM LESSONS 19.20 - 21.00				
	MASTERS SWIM CLUB 19.30 - 21.00	LADIES SWIM 20.00 - 21.00		ADULT ONLY LANE SWIM 20.00 - 21.00	ADULT ONLY LANE SWIM 20.00 - 21.00				
		DEEP WATER AQUAFIT 20.00 - 20.45							

\*AVAILABILITY VARIES, PLEASE CHECK AT RECEPTION.

LEISURE POOL: TERM TIME	☀️ ☀️ ★🌙	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		SWIMMING LESSONS 09.00 - 12.00	ADULT & TODDLER SWIM 10.00 - 12.00	ADULT & TODDLER SWIM 10.00 - 12.00	SWIMMING LESSONS 09.00 - 12.00	SWIMMING LESSONS 09.00 - 12.00	SWIMMING LESSONS 09.00 - 12.00	SWIMMING LESSONS 08.00 - 10.00	SWIMMING LESSONS 08.00 - 09.00
								PUBLIC SWIM 10.00 - 16.45	PUBLIC SWIM 09.00 - 16.45
								FLUME (SUBJECT TO STAFFING) 11.00 - 16.30	FLUME (SUBJECT TO STAFFING) 11.00 - 16.30
		PUBLIC SWIM 12.00 - 18.00	PUBLIC SWIM 12.00 - 16.00	PUBLIC SWIM 12.00 - 18.00	PUBLIC SWIM 12.00 - 18.00	PUBLIC SWIM 12.00 - 18.00	PUBLIC SWIM 12.00 - 18.00		
		FLUME (SUBJECT TO STAFFING) 16.00 - 18.00	SWIMMING LESSONS 16.00 - 18.00	FLUME (SUBJECT TO STAFFING) 16.00 - 18.00	FLUME (SUBJECT TO STAFFING) 16.00 - 18.00	FLUME (SUBJECT TO STAFFING) 16.00 - 18.00	FLUME (SUBJECT TO STAFFING) 16.00 - 18.00		
			BUZZ NETWORK 16.30 - 17.30						
	PUBLIC SWIM 18.00 - 18.00					PRIVATE PARTY HIRE 17.00 - 18.00	PRIVATE PARTY HIRE 17.00 - 18.00		

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# THE QUAYS SWIMMING & DIVING COMPLEX

## DIVING POOL TIMETABLE

15TH JULY - 14TH OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>PUBLIC SWIM</b> 07.00 - 07.30	<b>PUBLIC SWIM</b> 07.00 - 07.30	<b>PUBLIC SWIM</b> 07.00 - 07.30	<b>PUBLIC SWIM</b> 07.00 - 07.30	<b>PUBLIC SWIM</b> 07.00 - 07.30	<b>DIVING LESSONS</b> 08.00 - 10.00	<b>SWIMMING LESSONS</b> 08.00 - 10.00
	<b>SCHOOL SWIM LESSONS</b> 09.30 - 13.00	<b>CARDIO AQUAFIT</b> 09.30 - 10.15	<b>AQUAFIT</b> 09.45 - 10.30	<b>DISABILITY SWIM</b> 08.45 - 09.45	<b>CARDIO AQUAFIT</b> 09.20 - 10.05	<b>DIVING ACADEMY</b> 10.00 - 17.00	<b>DIVING ACADEMY</b> 10.15 - 18.00
	<b>PRIVATE HIRE AVAILABLE</b> 09.30 - 13.00		<b>ELITE DIVERS</b> 10.45 - 12.00	<b>CARDIO AQUAFIT</b> 09.45 - 10.30	<b>DEEP WATER AQUAFIT</b> 10.10 - 10.55		<b>DIVING LESSONS</b> 10.15 - 18.00
				<b>STUNT DIVING</b> 10.00 - 11.00	<b>ELITE DIVERS</b> 11.00 - 12.00		
				<b>ELITE DIVERS</b> 11.00 - 12.00	<b>SCHOOL SWIM LESSONS</b> 11.30 - 14.30		
					<b>PRIVATE HIRE AVAILABLE</b> 11.30 - 14.30		
	<b>AQUA FIT</b> 13.30 - 14.15	<b>CARDIO AQUAFIT</b> 14.00 - 14.45	<b>PRIVATE HIRE</b> 12.00 - 14.00	<b>STUNT DIVING</b> 12.00 - 13.00	<b>ELITE DIVERS</b> 15.00 - 16.00		
	<b>SWIMMING LESSONS</b> 15.30 - 18.00	<b>ELITE DIVERS</b> 15.00 - 16.00	<b>ELITE DIVERS</b> 15.00 - 16.00	<b>ADULT DIVING LESSONS</b> 14.00 - 15.00	<b>DIVING LESSONS</b> 16.00 - 18.00		
		<b>DIVE PROGRAMME</b> 16.00 - 20.00	<b>DIVING LESSONS</b> 16.00 - 18.00	<b>ELITE DIVERS</b> 15.00 - 16.00	<b>DIVING ACADEMY</b> 16.00 - 20.00		
		<b>DIVING ACADEMY</b> 16.00 - 20.00	<b>DIVING ACADEMY</b> 16.00 - 20.00	<b>DIVING LESSONS</b> 16.00 - 18.00	<b>DIVING LESSONS</b> 16.00 - 20.00		
			<b>DIVE PROGRAMME</b> 16.00 - 20.00	<b>DIVING ACADEMY</b> 16.00 - 20.00			
	<b>DIVE PROGRAMME</b> 18.15 - 20.00	<b>ADULT DIVING LESSONS</b> 20.00 - 21.00	<b>TEENAGE DIVING LESSONS</b> 20.00 - 21.00	<b>MASTERS DIVING</b> 19.00 - 20.00	<b>LADIES WATER POLO</b> 20.00 - 21.15	<b>DIVEABILITY LESSONS</b> 17.00 - 18.00	
<b>LADIES WATER POLO</b> 20.00 - 21.15	<b>MASTERS DIVING</b> 20.00 - 21.00	<b>ADULT DIVING LESSONS</b> 20.00 - 21.00	<b>ADULT DIVING LESSONS</b> 19.00 - 20.00		<b>DIVING PARTY</b> 18.00 - 19.00		
		<b>MASTERS DIVING</b> 20.00 - 21.00	<b>MEN'S WATER POLO</b> 20.00 - 21.45				

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# THE QUAYS SWIMMING & DIVING COMPLEX GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LBT</b> 09.30 - 10.25 STUDIO	<b>RPM</b> 07.00 - 07.45 BIKE STUDIO	<b>BODY PUMP</b> 07.00 - 07.55 STUDIO	<b>ASTANGA YOGA</b> 07.00 - 07.55 STUDIO	<b>CARDIO AQUAFIT</b> 09.20 - 10.05 DIVING POOL	<b>HATHA YOGA</b> 09.00 - 09.55 CRECHE	<b>YOGA FLOW</b> 08.45 - 09.40 STUDIO
<b>BODY BALANCE</b> 10.30 - 11.25 STUDIO	<b>POWER YOGA</b> 07.00 - 07.55 STUDIO	<b>CARDIO AQUAFIT</b> 09.10 - 09.55 DIVING POOL	<b>STUDIO CYCLING</b> 07.00 - 07.45 BIKE STUDIO	<b>LBT</b> 09.45 - 10.40 STUDIO	<b>RPM</b> 09.00 - 09.45 BIKE STUDIO	<b>STUDIO CYCLING</b> 09.45 - 10.30 BIKE STUDIO
<b>NICE AND EASY CIRCUIT</b> 11.45 - 12.40 STUDIO	<b>CARDIO AQUAFIT</b> 09.10 - 09.55 DIVING POOL	<b>BEGINNER YOGA</b> 09.25 - 10.20 STUDIO	<b>PILATES</b> 09.30 - 10.25 STUDIO	<b>DEEP WATER AQUAFIT</b> 10.10 - 10.55 DIVING POOL	<b>BODY PUMP</b> 10.10 - 11.05 STUDIO	<b>ZUMBA</b> 09.45 - 10.40 STUDIO
	<b>ZUMBA</b> 09.30 - 10.15 STUDIO	<b>ZUMBA</b> 10.35 - 11.20 STUDIO	<b>CARDIO AQUAFIT</b> 09.45 - 10.30 MAIN POOL	<b>BODY BALANCE</b> 10.45 - 11.40 STUDIO	<b>BODY COMBAT</b> 11.10 - 12.05 STUDIO	<b>BODY PUMP</b> 11.50 - 11.45 STUDIO
	<b>PILATES</b> 10.30 - 11.25 STUDIO	<b>STEP CONDITIONING</b> 11.30 - 12.25 STUDIO	<b>LBT</b> 10.45 - 11.40 STUDIO	<b>STUDIO CYCLING</b> 11.00 - 11.45 BIKE STUDIO		
<b>STUDIO CYCLING</b> 12.00 - 12.45 BIKE STUDIO	<b>BODY PUMP</b> 12.00 - 12.55 STUDIO	<b>STUDIO CYCLING</b> 12.30 - 13.15 BIKE STUDIO	<b>BODY PUMP</b> 12.00 - 12.55 STUDIO	<b>BODY PUMP</b> 12.00 - 12.55 STUDIO		
<b>BODY PUMP</b> 12.40 - 13.35 STUDIO	<b>NICE &amp; EASY AEROBICS</b> 13.00 - 13.45 STUDIO	<b>PILATES</b> 12.30 - 13.25 STUDIO	<b>BODY BALANCE</b> 13.00 - 13.55 STUDIO	<b>PILATES</b> 13.05 - 14.00 STUDIO		
<b>CXWORX</b> 13.40 - 14.10 STUDIO	<b>STUDIO CYCLING</b> 13.00 - 13.45 BIKE STUDIO		<b>YOGA FLOW</b> 14.00 - 14.55 STUDIO			
<b>CARDIO AQUAFIT</b> 13.45 - 14.30 DIVING POOL	<b>CARDIO AQUAFIT</b> 14.00 - 14.45 DIVING POOL					
<b>EXPRESS BODY PUMP</b> 17.00 - 17.45 STUDIO	<b>AB BLAST</b> 17.15 - 17.45 STUDIO	<b>BOXERCISE</b> 17.45 - 18.40 STUDIO	<b>ZUMBA</b> 17.00 - 17.45 STUDIO	<b>STUDIO CYCLING</b> 17.30 - 18.15 BIKE STUDIO		
<b>STUDIO CYCLING</b> 18.00 - 18.45 BIKE STUDIO	<b>STUDIO CYCLING</b> 17.30 - 18.15 BIKE STUDIO	<b>STUDIO CYCLING</b> 18.00 - 18.45 BIKE STUDIO	<b>BODY PUMP</b> 18.00 - 18.55 STUDIO	<b>HITT</b> 18.15 - 18.45 STUDIO		
<b>BOOT CAMP CIRCUITS</b> 18.00 - 18.55 STUDIO	<b>BODY PUMP</b> 17.55 - 18.50 STUDIO	<b>BEGINNER YOGA</b> 19.00 - 19.55 STUDIO	<b>YOGA FLOW</b> 18.00 - 18.55 CRECHE	<b>AB ATTACK</b> 18.45 - 19.15 STUDIO		
<b>BODY PUMP</b> 19.00 - 19.55 STUDIO	<b>YOGA FLOW</b> 19.00 - 19.55 STUDIO	<b>ZUMBA</b> 20.00 - 20.55 STUDIO	<b>RPM</b> 18.15 - 19.00 BIKE STUDIO			
	<b>PILATES</b> 20.00 - 20.55 STUDIO	<b>DEEP WATER AQUAFIT</b> 20.10 - 20.55 MAIN POOL	<b>BODY COMBAT</b> 19.00 - 19.55 STUDIO			
			<b>BODY BALANCE</b> 20.00 - 20.55 STUDIO			

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