

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:00	GOODLIFE MEMBER SWIM 5:30AM TO 9:00AM	GOODLIFE MEMBER SWIM 5:30AM TO 9:15AM	GOODLIFE MEMBER SWIM 5:30AM TO 9:00AM	GOODLIFE MEMBER SWIM 5:30 to 12:00	GOODLIFE MEMBER SWIM 5:30 to 15:30	GOODLIFE MEMBER SWIM 7:00 to 7:45		5:00
6:00								6:00
6:15								6:15
6:30								6:30
6:45								6:45
7:00								7:00
7:15								7:15
7:30	7:30							
7:45	7:45							
8:00	King Swim Learn to swim 9:00 to 12:15	AQUA 9:15 TO 10:15	King Swim Learn to swim 9:00 to 12:30	GOODLIFE MEMBER SWIM 5:30 to 15:30	GOODLIFE MEMBER SWIM 5:30 to 15:30	King Swim Learn to swim 7:45 to 12:45	King Swim Learn to swim 8:00 to 12:30	8:00
8:15								8:15
8:30								8:30
8:45								8:45
9:00								9:00
9:15								9:15
9:30								9:30
9:45	9:45							
10:00	AQUA 12:15 TO 13:15	HYDROTHERAPY 12:00 TO 13:00 kingswim access only	AQUA 12.00 to 13:00	GOODLIFE MEMBER SWIM 13:00 to 15:30	GOODLIFE MEMBER SWIM 13:00 to 15:30	GOODLIFE MEMBER SWIM 12:45 to 17:45	GOODLIFE MEMBER SWIM 12:30 to 16:45	10:00
10:15								10:15
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12:00	GOODLIFE MEMBER SWIM 13:30 TO 15:30	GOODLIFE MEMBER SWIM 13:00 to 15:30	GOODLIFE MEMBER SWIM 12:30 to 15.30	GOODLIFE MEMBER SWIM 13:00 to 15.30	GOODLIFE MEMBER SWIM 13:00 to 15.30	GOODLIFE MEMBER SWIM 12:45 to 17:45	GOODLIFE MEMBER SWIM 12:30 to 16:45	12:00
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14:00	King Swim Learn to swim 15:30 to 19:45	King Swim Learn to swim 15:30 to 19:15	King Swim Learn to swim 15:30 to 19:20	King Swim Learn to swim 15:30 to 19:45	King Swim Learn to swim 15:30 to 18:30	King Swim Learn to swim 15:30 to 18:30		14:00
14:15								14:15
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15:30								15:30
15:45	AQUA 19:30 to 20:15	AQUA 19:20 to 20:05	AQUA 19:20 to 20:05	GOODLIFE MEMBER SWIM 18:30 to 21:00	GOODLIFE MEMBER SWIM 18:30 to 21:00	GOODLIFE MEMBER SWIM 12:45 to 17:45	GOODLIFE MEMBER SWIM 12:30 to 16:45	15:45
16:00								16:00
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17:45	17:45							
18:00	GOODLIFE MEMBER SWIM 19:45 TO 21:00	GOODLIFE MEMBER SWIM 20:15 to 21:00	GOODLIFE MEMBER SWIM 20:05 to 21:00	GOODLIFE MEMBER SWIM 19:45 to 21:00	GOODLIFE MEMBER SWIM 18:30 to 21:00	GOODLIFE MEMBER SWIM 12:45 to 17:45	GOODLIFE MEMBER SWIM 12:30 to 16:45	18:00
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21:00	21:00							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time

March 2025 Pool Adjustments

SUNDAY	23rd March	12:00	15:30	POOL WILL BE <u>CLOSED</u> TO MEMBERS DURING THIS TIME DUE TO KINGSWIM TRAINING.			
MONDAY	10th March	FULL ACCESS	FULL ACCESS	POOL WILL BE <u>OPEN</u> TO MEMBERS ALL DAY FOR USE			