

SWIMMING

MAIN POOL TERM TIMETABLE

MON	07.30-09.00 09.00-12.00 12.00-13.30 13.30-16.00 16.00-17.00 17.00-19.45 19.45-20.15 20.15-21.15	EARLY RISER SCHOOL SWIM LUNCHTIME SWIM COMMUNITY SWIM AQUA ZONE GENERAL SWIM ADULT AQUAZONE LIFE SAVING & STAFF TRAINING
TUES	07.30-09.00 09.00-12.00 12.00-13.30 13.30-16.00 16.00-17.00 17.00-20.00 20.00-20.45 20.45-21.30	EARLY RISER SCHOOL SWIM LUNCHTIME SWIM GENERAL SWIM AQUAZONE GENERAL SWIM ADULTS ONLY AQUA FIT
WED	07.30-09.00 09.00-12.00 12.00-13.30 13.30-15.00 15.00-16.00 16.00-17.00 17.00-18.30 18.45-21.30	EARLY RISER SCHOOL SWIM LUNCHTIME SWIM SCHOOL SWIM AQUA FIT AQUAZONE GENERAL SWIM PENRITH SWIM CLUB
THURS	07.30-09.00 09.00-12.00 12.00-13.30 13.30-15.00 15.00-15.45 16.00-17.00 17.00-19.45 19.45-20.45 21.00-22.00	EARLY RISER SCHOOL SWIM LUNCHTIME SWIM COMMUNITY SWIM ADULT AQUAZONE AQUAZONE GENERAL SWIM PENRITH SWIM CLUB TRIATHLON CLUB
FRI	07.30-09.00 09.00-12.00 12.00-13.30 13.30-15.00 15.00-16.00 16.00-17.00 17.00-19.00 19.00-20.00 20.00-21.00	EARLY RISER SCHOOL SWIM LUNCHTIME SWIM GENERAL SWIM 50+ SWIM AQUAZONE GENERAL SWIM LADIES ONLY PENRITH SWIM CLUB
SAT	08.00-09.00 09.30-10.30 10.30-14.30 14.45-15.55 16.05-17.15 18.00-20.00	TRIATHLON CLUB AQUAZONE GENERAL SWIM FUN SESSION UNDER 12'S FUN SESSION OVER 12'S PRIVATE HIRE
SUN	09.00-10.00 10.00-11.00 11.00-17.15 17.30-19.45	SUB AQUA DISABLED SWIM GENERAL SWIM PENRITH SWIM CLUB



SWIMMING

MAIN POOL HOLIDAY TIMETABLE

MON	07.30-09.00 09.00-10.00 10.00-12.00 12.00-14.00 14.15-16.45 17.00-20.15 20.15-21.15	EARLY RISER AQUAZONE CRASH COURSE GENERAL SWIM LUNCHTIME SWIM FUN SESSION GENERAL SWIM LIFE SAVING & STAFF TRAINING
TUES	07.30-09.00 09.00-10.00 10.00-12.00 12.00-13.30 13.30-20.00 20.00-20.45 20.45-21.30	EARLY RISER AQUAZONE CRASH COURSE GENERAL SWIM LUNCHTIME SWIM GENERAL SWIM ADULT LANES AQUA FIT
WED	07.30-09.00 09.00-10.00 10.15-11.45 12.00-13.30 13.30-15.00 15.00-16.00 16.00-18.30 18.45-21.30	EARLY RISER AQUAZONE CRASH COURSE FUN SESSION LUNCHTIME SWIM GENERAL SWIM AQUA FIT GENERAL SWIM PENRITH SWIM CLUB
THURS	07.30-09.00 09.00-10.00 10.00-12.00 12.00-13.30 13.30-19.45 19.45-20.45 21.00-22.00	EARLY RISER AQUAZONE CRASH COURSE GENERAL SWIM LUNCHTIME SWIM GENERAL SWIM PENRITH SWIM CLUB TRIATHLON CLUB
FRI	07.30-09.00 09.00-10.00 10.00-12.00 12.00-13.30 13.30-15.00 15.00-16.00 16.00-19.00 19.00-20.00 20.00-21.00	EARLY RISER AQUAZONE CRASH COURSE AWARD MORNING LUNCHTIME SWIM GENERAL SWIM 50+ SWIM GENERAL SWIM LADIES ONLY PENRITH SWIM CLUB
SAT	08.00-09.00 09.00-10.00 10.00-14.30 14.45-15.55 16.05-17.15 18.00-20.00	TRIATHLON CLUB AQUAZONE CRASH COURSE GENERAL SWIM FUN SESSION UNDER 12'S FUN SESSION OVER 12'S PRIVATE HIRE
SUN	09.00-10.00 10.00-11.00 11.00-17.15 17.30-19.45	SUB AQUA DISABLED SESSION GENERAL SWIM PENRITH SWIM CLUB

