



What's on in the pool?

From fun family swims & lessons, to Young at Heart sessions that keep you active at any age, Feel Good in the Pelican's 25m pool!

Monday

| | |
|---------|---------------------------|
| 7am | Adult Lane Swim |
| 8am | Adult General Swim |
| 9am | Family Swim |
| 10.15am | Young at Heart |
| 11.15am | Family Swim (11.15-11.50) |
| 11.50am | Aquafit |
| 6.45pm | Adult Lane Swim |

Tuesday

| | |
|---------|--------------------|
| 7am | Adult Lane Swim |
| 8am | Adult General Swim |
| 10.15am | Adult General Swim |
| 11.15am | Family Swim |
| 6.15pm | Adult General Swim |
| 7.15pm | Aquafit |
| 8.15pm | Adult General Swim |

Wednesday

| | |
|--------|--------------------|
| 7am | Adult Lane Swim |
| 8am | Adult General Swim |
| 9am | Family Swim |
| 10am | Family Swim |
| 11am | Family Swim |
| 6.30pm | Adult Lane Swim |
| 7.30pm | Adult General Swim |
| 8.15pm | Adult General Swim |

Thursday

| | |
|---------|--------------------|
| 7am | Adult Lane Swim |
| 8am | Adult General Swim |
| 10.15am | Young at Heart |
| 11.30am | AquaZumba |
| 6.15pm | Adult General Swim |

Friday

| | |
|--------|----------------------|
| 7am | Adult Lane Swim |
| 8am | Adult General Swim |
| 9.05am | Aquafit |
| 10am | Family Swim |
| 11am | Family Swim |
| 6.45pm | Family Swim (45mins) |

Saturday

| | |
|--------|-----------------|
| 12pm | Family Swim |
| 1pm | Family Swim |
| 2pm | Fun & Floats |
| 4.15pm | Adult Lane Swim |

Sunday

| | |
|--------|--------------------|
| 8am | Adult General Swim |
| 9am | AquaZumba |
| 10am | Family Swim |
| 11am | Family Swim |
| 12pm | Family Swim |
| 1.30pm | Fun & Floats |

**BOOK
TODAY!**



♥ At the heart of our community since 2012

CHARITY NUMBER 1159655