



# 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
11.30am	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	Aquafit
8.15pm	Adult General Swim

## Thursday

7am	Adult Lane Swim
8am	Adult General Swim
10.15am	Young at Heart
11.15am	Family Swim
12.15pm	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
10am	Family Swim
11am	Family Swim
12pm	Family Swim
1.30pm	Fun & Floats

**BOOK  
TODAY!**



SCAN ME