

Swimming Pool

Dovercourt Bay Lifestyles

Accurate as of 19/04/2026

Times for Saturday 14 May



Time	Session
08:00 - 09:00	Lane Swimming
09:00 - 10:00	Water Workout
10:00 - 11:00	50+ & Inclusive
11:15 - 12:30	Pool Inflatable* first 15mins swim tests and Safety briefing
14:00 - 17:00	Swim For All