

Swimming Pool Timetable

Frank Lee Centre

Accurate as of 19/08/2026

Times for Monday 24 August

Time	Session
07:00 - 10:30	Adult Lane Swimming. 3 Lanes
10:30 - 11:15	Aqua Aerobics (Shallow End) - No Lane Swimming.
11:15 - 14:00	Adult Lane Swimming. 3 Lanes
14:00 - 16:00	Family Swim - 1 Adult Lane open
16:00 - 20:00	Adult Lane Swimming 3 Lanes - 1-2-1 Swim Coach also using Slow Lane
20:00 - 22:00	Lifeguard Training (Pool, Sauna, & Steam room CLOSED)