

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	
MON	Lane Swimming 7:00 - 07:30	Open Water (3 Lanes) 7:30am - 15:30pm									Swimming Lessons 15:30pm - 18:30pm (Whole Pool)			IASC (4 Lanes) 18:30pm - 20:30pm	Lane Swimming 20:30pm - 21:30pm	Pool Closed	
	IASC (2 Lanes) 7:00 - 7:30	Lane Swimming (3 Lanes) 7:30am - 15:30pm									Lane Swimming (2 Lanes) 18:30pm - 21:30pm						
TUES	Lane Swimming 7:00 - 07:30	Open Water 7:30am - 15:30pm									Swimming Lessons 15:30pm - 18:30pm (Whole Pool)			IASC (4 Lanes) 18:30pm - 20:30pm	Masters (6 Lanes) 20:30pm - 22:00pm		
	IASC (2 Lanes) 7:00 - 7:30	Lane Swimming (3 Lanes) 7:30am - 15:30pm									Lane Swimming (2 Lanes) 18:30pm - 20:30pm			Aqua Fit 9:00am - 10:00am			
WEDS	Lane Swimming 7:00 - 07:30	Open Water (3 Lanes) 7:30am - 15:30pm									Swimming Lessons 15:30pm - 18:30pm (Whole Pool)			IASC (4 Lanes) 18:30pm - 20:30pm	Lane Swimming 20:30pm - 21:30pm	Pool Closed	
	IASC (2 Lanes) 7:00 - 7:30	Lane Swimming (3 Lanes) 7:30am - 15:30pm									Lane Swimming (2 Lanes) 18:30pm - 21:30pm						
THURS	Lane Swimming (6 Lanes) 7:00am - 10:00am		Lane Swimming (3 Lanes) 10:00am - 15:30pm									Swimming Lessons 15:30pm - 18:30pm (Whole Pool)			IASC (4 Lanes) 18:30pm - 20:30pm	Masters (6 Lanes) 20:30pm - 22:00pm	
	Aqua Fit 9:00am - 10:00am		Open Water (3 Lanes) 10:00am - 15:30pm									Lane Swimming (2 Lanes) 18:30pm - 20:30pm					
FRI	Lane Swimming (6 Lanes) 7:00am - 10:00am		Lane Swimming (3 Lanes) 10:00am - 15:30pm									Swimming Lessons 15:30pm - 18:30pm (Whole Pool)			IASC (4 Lanes) 18:30pm - 20:30pm	Lane Swimming 20:30pm - 21:30pm	Pool Closed
	Aqua Fit 9:00am - 10:00am		Open Water (3 Lanes) 10:00am - 15:30pm									Lane Swimming (2 Lanes) 18:30pm - 21:30pm					
SAT	Pool Closed	Masters (5 Lanes) 8:00am - 9:00am	Swimming Lessons (5 Lanes) 9:00am - 13:30pm									Open Water (3 Lanes) 13:30pm - 16.30pm			IASC (6 Lanes) 16:30pm - 18:30pm		
	Lane Swimming (1 Lane) 8:00am until 1:30pm		Lane Swimming (3 Lanes) 13:30pm - 16.30pm									Lane Swimming (3 Lanes) 13:30pm - 16.30pm			Pool Closed		
SUN	Pool Closed	Masters (5 Lanes) 8:00am - 9:00am	Swimming Lessons (5 Lanes) 9:00am - 13:30pm									Open Water (3 Lanes) 13:30pm - 16.30pm			Greenock Otters 16:30pm - 18:00pm (Whole Pool)		
	Lane Swimming (1 Lane) 8:00am until 1:30pm		Lane Swimming (3 Lanes) 13:30pm - 16.30pm									IASC (6 Lanes) 18:00pm - 19:30pm					

Refresh Sauna & Steam Room
 Mon - Fri 7:30am - 21:00pm

Leisure Pool
 Mon - Fri 16:00pm - 18:00pm
 Saturday & Sunday 10:00am - 16:00pm

Aqua Fit
 Tues, Thurs, Fri 9:00am - 10:00am