

John Smeaton Leisure Centre

Day & Time	Activity
Mon 7.00am - 9.00am	General Lane Session
Mon 9.00am-10.00am	Swimming Lessons (Adult)
Mon 12.00pm - 1.20pm	General Swimming
Mon 1.30pm - 2.30pm	Disabled Swim
Mon 2.30pm-3.30pm	General Swimming
Mon 3.45pm - 6.15pm	Swimming Lessons (Junior)
Mon 6.15pm - 7.15pm	General Swimming
Mon 7.15pm - 8.00pm	Aqua Aerobics
Mon 8.15pm - 9.30pm	Masters Session
Tue 7.00am - 9.00am	General Lane Session
Tue 12.00pm - 1.20pm	General Swimming
Tue 3.45pm - 6.00pm	Swimming Lessons (Junior)
Tue 6.00pm - 7.00pm	Stage 8 Competitive swimming
Tue 8.30pm - 9.30pm	General Lane Session
Wed 7.00am - 9.00am	General Lane Session
Wed 9.00am - 10.00am	Swimming Lessons (Adult)
Wed 12.00pm - 1.20pm	General Swimming
Wed 12.30pm - 1.20pm	Adults & Toddler
Wed 2.30pm - 3.30pm	General Swimming
Wed 3.45pm - 6.15pm	Swimming Lessons (Junior)
Wed 6.15pm - 8.00pm	General Swimming
Wed 8.00pm - 8.45pm	Aqua Aerobics
Wed 9.00pm - 10.00pm	General Swimming (Adult)

Day & Time	Activity
Thu 7.00am - 9.00am	General Lane Session
Thu 9.00am-9.45am	Aqua Aerobics
Thu 12.00pm - 1.20pm	General Swimming
Thu 2.30pm-3.30pm	General swimming
Thu 3.45pm - 6.00pm	Swimming Lessons (Junior)
Thu 6.00pm - 7.00pm	Stage 8 Competitive swimming
Thu 7.00pm - 8.00pm	General Swimming
Thu 8.00pm - 9.00pm	Lifesaving Club
<hr/>	
Fri 7.00am - 9.00am	General Lane Session
Fri 9.00am - 9.45am	Adult & Toddler
Fri 12.00pm - 1.20pm	General Swimming
Fri 3.45pm - 6.00pm	Swimming Lessons (Junior)
Fri 6.00pm - 7.30pm	General Swimming
Fri 7.30pm - 8.30pm	Women Only
Fri 8.30pm - 9.30pm	General lane session
<hr/>	
Sat 8.40am - 12.30pm	Swimming Lessons (Junior)
Sat 12.30pm - 2.00pm	General Swimming
Sat 2.00pm - 3.00pm	General Lane Session
Sat 3.15pm - 4.00pm	Pool Party Hire
Sat 4.15pm - 5.00pm	Pool Party Hire
<hr/>	
Sun 8.00am - 10.30am	General Swimming
Sun 10.45am - 1.00pm	Big Splash family swimming
Sun 1.15pm - 2.15pm	General Lane Session
Sun 2.30pm - 3.45pm	Fun Session
Sun 4.00pm - 4.45pm	Pool Party Hire
Sun 5.00pm - 6.00pm	Stage 8 Competitive Swimming
Sun 6.15pm - 8.00pm	General Swimming