| | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | | | Sunday | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Shallow | 5 x 25m | Deep | Shallow | 5 x 25m | Deep | Shallow | 5 x 25m | Deep | Shallow | 5 x 25m | Deep | Shallow | 5 x 25m | Deep | Shallow | 5 x 25m | Deep | Shallow | 5 x 25m | Deep | |
| 7:00 | Early Bird Swim | | | | | | | | | | | | | | | | | | | | | 7:00 |
| 7:15 | | | | | | | | | | | | | | | | | | | | | | 7:15 |
| 7:30 | | | | | | Synchro | | | | | | Synchro | | | | | | | | | | 7:30 |
| 7:45 | | | | | | | | | | | | | | | | | | | | | | 7:45 |
| 8:00 | Maintenance | | | | | | | | | | | | Early Bird Swim | | | | | | | | | 8:00 |
| 8:15 | | | | | | | | | | | | | | | | | | | | | | 8:15 |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | 8:30 |
| 8:45 | | | | | | | | | | | | | | | | | | | | | | 8:45 |
| 9:00 | Swimming Lessons | | | | | | | | | | | | Maintenance | | | | | | | | | 9:00 |
| 9:15 | | | | | | | | | | | | | | | | | | | | | | 9:15 |
| 9:30 | | | | | | | | | | | | | | | | | | | | | | 9:30 |
| 9:45 | | | | | | | | | | | | | | | | | | | | | | 9:45 |
| 10:00 | | | Diving Lessons | | | Diving Lessons | | | Diving Lessons | | | Diving Lessons | Staff Training | | | | | | | | | 10:00 |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | 10:15 |
| 10:30 | P&T | Water Polo Lessons | Synchro Lessons | P&T | Water Polo Lessons | Synchro Lessons | P&T | Water Polo Lessons | Synchro Lessons | P&T | Water Polo Lessons | Synchro Lessons | | | | | | | | | | 10:30 |
| 10:45 | | | | | | | | | | | | | | | | | | | | | | 10:45 |
| 11:00 | Aquafit | | ST (11+) | Aquafit | | ST (11+) | Aquafit | | | Aquafit | | | | | | Free Swim | | | | | | 11:00 |
| 11:15 | | | | | | | | | | | | | | | | | | | | | | 11:15 |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | 11:30 |
| 11:45 | Swim Team (10 & ↓) (including Junior Swim Team Team) | | | | | | Swim Team (ALL) Start @ 11:30 | | | Swim Team (ALL) - Start @ 11:30 in Park for 15-30 mins | | | Swim Team (ALL) | | | | | | | | | 11:45 |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | 12:00 |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | 12:15 |
| 12:30 | Water Polo | | | Synchro | | | Water Polo | | | Synchro | | | Water Polo | | | | | | | | | 12:30 |
| 12:45 | | | | | | | | | | | | | | | | | | | | | | 12:45 |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | 13:00 |
| 13:15 | Adult Swim | | Synchro | Adult Swim | | Diving | Adult Swim | | Synchro | Adult Swim | | Diving | Adult Swim | | Synchro | | | | | | | 13:15 |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | 13:30 |
| 13:45 | | | | | | | | | | | | | | | | | | | | | | 13:45 |
| 14:00 | Free Swim | | | | | | | | | | | | | | | | | | | | | 14:00 |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | 14:15 |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | 14:30 |
| 14:45 | | | | | | | | | | | | | | | | | | | | | | 14:45 |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | 15:00 |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | 15:15 |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | 15:30 |
| 15:45 | | | | | | | | | | | | | | | | | | | | | | 15:45 |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | 16:00 |
| 16:15 | | | | | | | | | | | | | | | | | | | | | | 16:15 |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | 16:30 |
| 16:45 | | | | | | | | | | | | | | | | | | | | | | 16:45 |
| 17:00 | | | | Swimming Lessons (+Adult Swim) | | | | | | | | | Swimming Lessons (+Adult Swim) | | | | | | | | | 17:00 |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | 17:15 |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | 17:30 |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | 17:45 |
| 18:00 | | | | | | | | | | | | | | | | | | | | | | 18:00 |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | 18:15 |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | 18:30 |
| 18:45 | | | | | | | | | | | | | | | | | | | | | | 18:45 |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | 19:00 |
| 19:15 | | | | | | | | | | | | | | | | | | | | | | 19:15 |
| 19:30 | | | | | | | | | | | | | | | | | | | | | | 19:30 |
| 19:45 | | | | | | | | | | | | | | | | | | | | | | 19:45 |
| 20:00 | | | | | | | | | | | | | | | | | | | | | | 20:00 |
| 20:15 | | | | | Masters | | | | | | | | | Masters | | | | | | | | 20:15 |
| 20:30 | Adult Swim | | | | | | Adult Swim | | | | | | | | | | | | | | | 20:30 |
| 20:45 | | | | | | | | | | | | | | | | | | | | | | 20:45 |