

# Members' Activity Timetable

Monday 9th March - Sunday 15th March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	06:00 - 07:30 <b>Lane Swimming</b>	06:00 - 07:30 <b>Lane Swimming</b>	06:00 - 07:00 <b>Lane Swimming</b>	06:00 - 08:45 Members Swim	06:00 - 07:30 <b>Lane Swimming</b>	08:00 - 09:30 Members Swim	09:00 - 10:30 Members Swim
	07:30 - 09:00 Double Lane Swimming	07:30 - 08:45 Members Swim	07:00 - 08:30 Double Lane Swimming	08:45 - 11:45 <b>Adult Only Lane Swimming</b>	07:30 - 10:30 Members Swim	09:30 - 11:00 Family Splash	10:30 - 12:30 Family Splash
	09:00 - 11:00 <b>Adult Only Lane Swimming</b>	08:45 - 09:30 <b>Adult Only Lane Swimming</b>	08:30 - 11:30 Adult Only Lane Swimming	11:45 - 14:00 Members Swim	11:30 - 12:30 Members Swim	11:00 - 14:00 <b>Adult Only Lane Swimming</b>	12:30 - 13:30 Adult Only Members Swim
	11:00 - 13:00 Members Swim	09:30 - 14:00 Members Swim	11:30 - 12:30 Members Swim	17:30 - 19:00 Members Swim	12:30 - 13:30 Double Lane Swimming	17:00 - 19:00 Members Swim	16:00 - 17:30 Members Swim
	13:00 - 14:00 <b>Adult Only Lane Swimming</b>	17:30 - 19:30 Members Swim	12:30 - 13:45 Double Lane Swimming	19:00 - 20:00 Adult Only Members Swim	15:00 - 16:30 Members Swim	19:00 - 20:00 Adult Only Members Swim	
	15:00 - 16:00 Members Swim		16:00 - 18:00 <b>Adult Only Lane Swimming</b>		18:00 - 19:00 Members Swim		
	17:30 - 19:30 <b>Adult Only Lane Swimming</b>		18:00 - 19:30 Members Swim				
	19:30 - 21:00 Adult Only Members Swim						
Sauna	07:00 - 16:30	07:00 - 14:00	07:00 - 13:45	07:00 - 14:00	07:00 - 13:30	09:00 - 14:00	10:00 - 15:00
	17:30 - 21:00	17:30 - 21:00	16:00 - 21:00	17:30 - 21:00	15:30 - 16:30 18:00 - 21:00	17:00 - 20:00	16:00 - 19:00
Fitness Suite	06:00 - 16:30	06:00 - 14:00	06:00 - 15:00	06:00 - 14:00	06:00 - 16:30	09:00 - 14:00	09:00 - 13:00
	18:00 - 21:00	18:00 - 21:00	16:30 - 21:00	18:00 - 21:00	18:00 - 21:00	17:00 - 20:00	16:00 - 19:30
Athletics Track	07:00 - 16:00	07:00 - 14:00	07:00 - 13:30 16:30 - 18:00	07:00 - 14:00	07:00 - 13:00 15:00 - 16:00	10:00 - 14:00 17:00 - 20:00	13:00 - 18:00
Clay Tennis Courts	07:00 - 15:45	07:00 - 14:00	07:00 - 14:00	07:00 - 14:00	07:00 - 16:00	08:00 - 13:00	09:00 - 10:00
	20:15 - 21:00	20:15 - 21:00	17:00 - 21:00	20:15 - 21:00	18:15 - 21:00	17:00 - 20:00	16:00 - 20:00

Adult Only Members Swim - Lane Swimming in half the pool and casual swimming in half the pool, for Adult Members only (aged 16+).

**Adult Only Lane Swimming** - Lane Swimming in the pool for Adult Members only (aged 16+) in a single lane with another activity in the other side of the pool

Double Lane Swimming - Lane swimming is for both adults and children in a double lane. Children must be competent swimmers who can confidently swim lengths

**Lane Swimming** - Lane Swimming in the pool for adults and children in a single lane with another activity in the other side of the pool

Family Splash- Sessions for families in half the pool with floats and Lane Swimming in the other half. (no sinkers are allowed in these sessions)

Members Swim - Lane Swimming in half the pool and casual swimming in half the pool, for Adult and Children Members.

Athletics Track - Inside two lanes of the Track are not to be used.

Tennis courts - can be book online or via the TSC reception

\* Please note on Tuesday morning 11:30am - 1:30pm the swimming pool and Fitness Suite is shared with Active Life Members'