








# SPORTS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ALIGNMENT HATHA YOGA</b> 9am - 10am	<b>ADULTS' MASTERS/ TRIATHLON PROGRAM</b> 9am - 10am	<b>AQUA ZUMBA</b> 8.30am - 9.15am	<b>ADULTS' MASTERS/ TRIATHLON PROGRAM</b> 9am - 10am	<b>VINYASA YOGA</b> 8.30am - 9.30am	<b>COMPETITIVE/DEVELOPMENT SQUAD SWIM</b> 8.30pm	<b>PRESCHOOL SWIM</b> 9am - 12pm
<b>TENNIS LADIES SOCIAL</b> 9am - 12pm	<b>PARENT &amp; CHILD SWIM</b> 10am - 12pm	<b>AQUAFIT</b> 9.30am - 10.15am	<b>PARENT &amp; CHILD SWIM</b> 10am - 12pm	<b>BRIDGE</b> 9am - 12pm	<b>PRESCHOOL SWIM</b> 9am - 6pm	<b>LEARN TO SWIM</b> 9am - 12pm
<b>PARENT &amp; CHILD SWIM</b> 2.30pm - 4pm	<b>HELPER SWIM CLASSES</b> 11am - 11.45am	<b>YIN YOGA</b> 9am - 10am	<b>PARENT &amp; CHILD SWIM</b> 2.30pm - 4pm	<b>PARENT &amp; CHILD SWIM</b> 2.30pm - 4pm	<b>LEARN TO SWIM</b> 9am - 6pm	
<b>PRESCHOOL SWIM</b> 3pm onwards	<b>PARENT &amp; CHILD SWIM</b> 2.30pm - 4pm	<b>PARENT &amp; CHILD SWIM</b> 2.30pm - 4pm	<b>PRESCHOOL SWIM</b> 3pm onwards	<b>PRESCHOOL SWIM</b> 3pm onwards	<b>PARENT &amp; CHILD SWIM</b> 10am - 12.30pm	
<b>LEARN TO SWIM</b> 3pm onwards	<b>PRESCHOOL SWIM</b> 3pm onwards	<b>PRESCHOOL SWIM</b> 3pm onwards	<b>LEARN TO SWIM</b> 3pm onwards	<b>LEARN TO SWIM</b> 3pm onwards	<b>TENNIS MEN SOCIALS</b> 2pm - 5pm	
<b>COMPETITIVE/DEVELOPMENT SQUAD SWIM</b> 5.15pm - 7.15pm	<b>LEARN TO SWIM</b> 3pm onwards	<b>LEARN TO SWIM</b> 3pm onwards	<b>COMPETITIVE/DEVELOPMENT SQUAD SWIM</b> 5.15pm - 6.15pm	<b>COMPETITIVE/DEVELOPMENT SQUAD SWIM</b> 5.15pm - 7.15pm	<b>SQUASH SOCIALS</b> 2pm - 5pm	
<b>CLASSICAL YOGA</b> 7pm - 8.30pm	<b>COMPETITIVE/DEVELOPMENT SQUAD SWIM</b> 5.15pm - 7.15pm	<b>COMPETITIVE/DEVELOPMENT SQUAD SWIM</b> 5.15pm - 7.15pm	<b>WATER POLO</b> 6.15pm - 7.15pm		<b>PARENT &amp; CHILD SWIM</b> 2.30pm - 5pm	
<b>TENNIS ADULT CLINIC</b> 8pm - 9pm	<b>HOCKEY (YOUTH)</b> 6pm - 8pm	<b>TENNIS ADULT CLINIC</b> 7pm - 8pm	<b>SQUASH SOCIALS</b> 7pm - 9pm			
<b>ADULTS' MASTERS/ TRIATHLON PROGRAM</b> 8pm - 9pm	<b>SQUASH TRAININGS/SOCIALS</b> 7pm - 9pm	<b>HOCKEY (LADIES)</b> 8pm - 9pm	<b>TENNIS ADULT CLINIC</b> 8pm - 9pm			
<b>ADULTS' LEARN TO SWIM</b> 8pm - 9pm	<b>PILATES BARRE</b> 8.30pm - 9.30pm	<b>TENNIS MIXED SOCIAL</b> 8pm - 10pm				
		<b>HOCKEY (MEN)</b> 9pm - 10pm				
				 AMERICA ROOM  TENNIS COURTS  SWIMMING POOL	 AUSTRALIA ROOM  SQUASH COURTS  EXTERNAL (CCAB)	 AFRICA ROOM