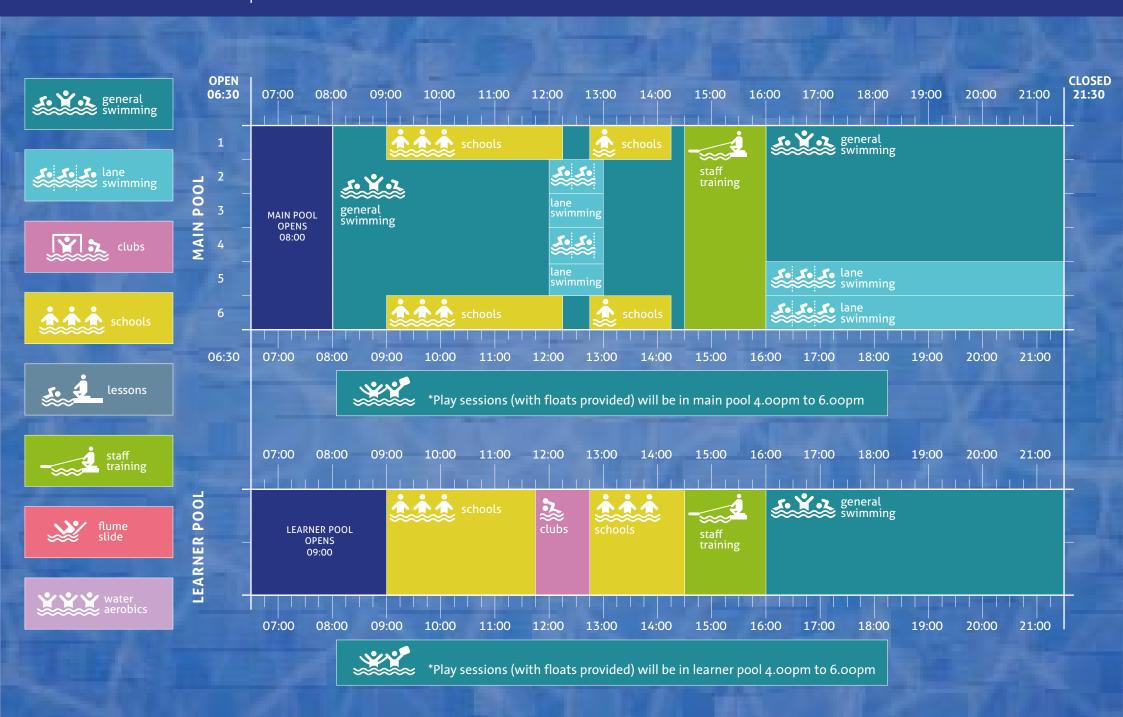
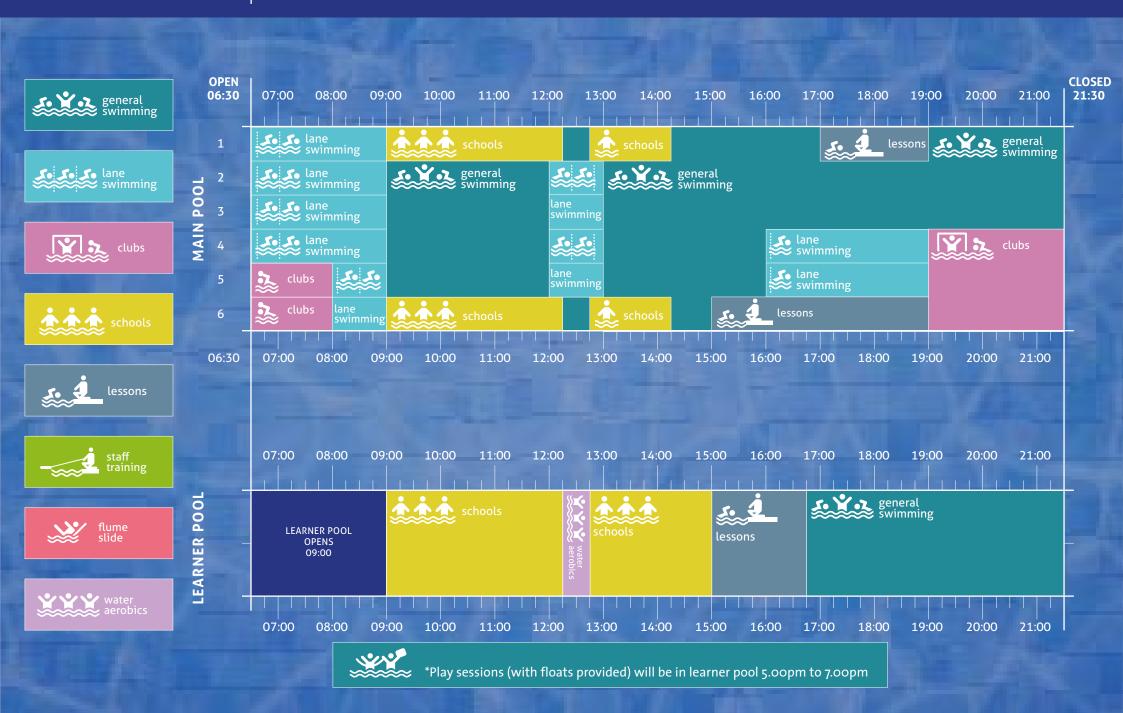
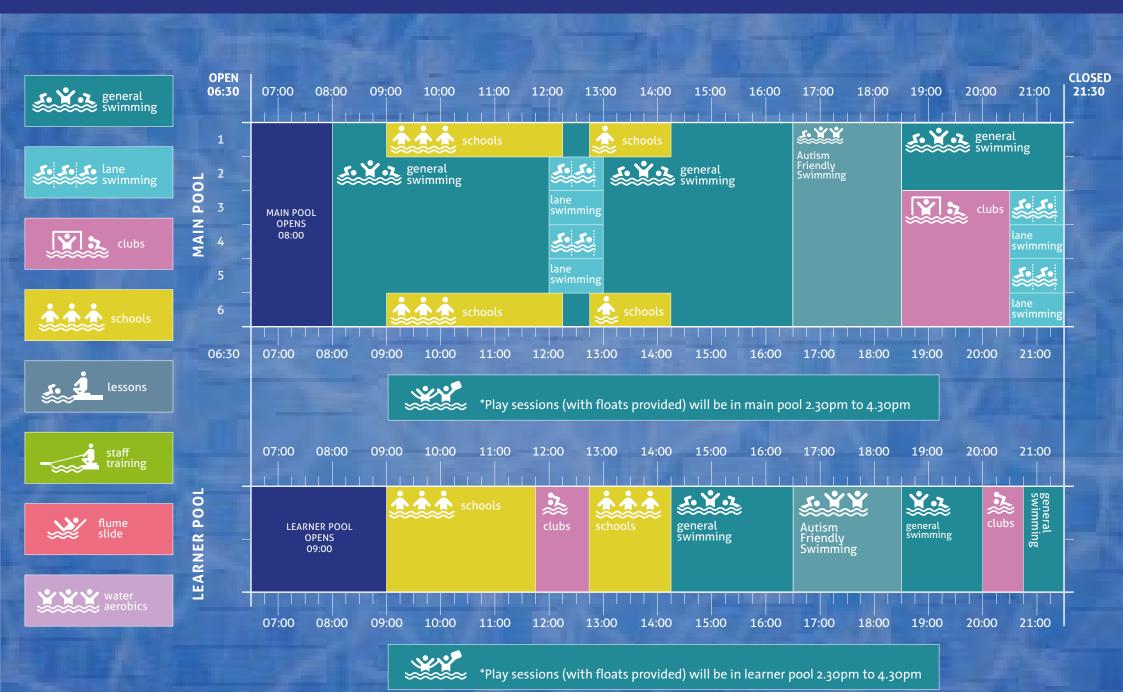


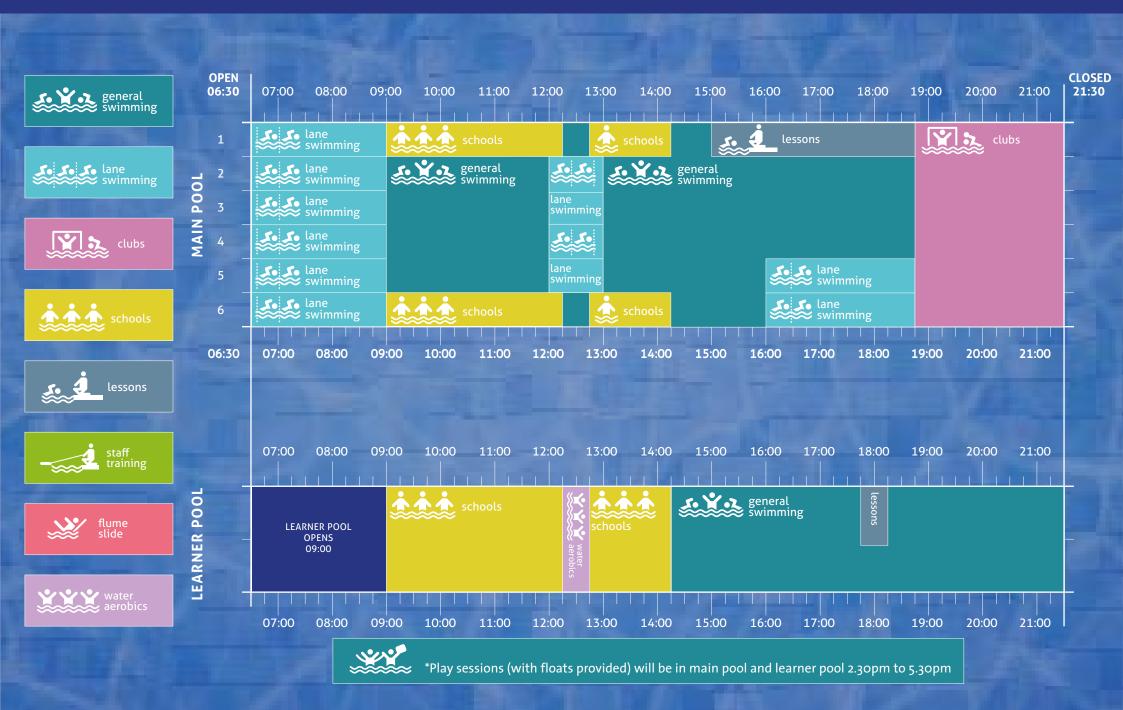
## **TUESDAY**







## **FRIDAY**



## **SATURDAY**







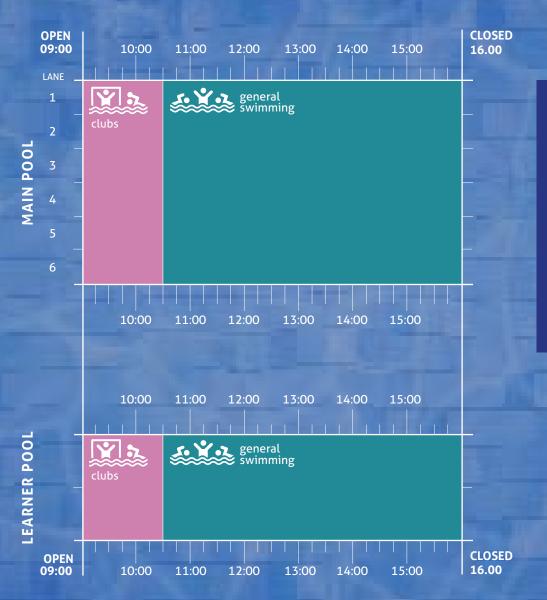












You must book weekend and public holiday swim sessions in advance on 'NMD Be Active' app.

You can book the
Health Suite at
Reception if access
is included in your
membership.
Non Members can
also book and pay for
Health Suite access at
Reception.
Maximum capacity
limits may apply.



\*Play sessions (with floats provided) will be in main pool and learner pool 10.30am to 4.00pm

## **SUNDAY**







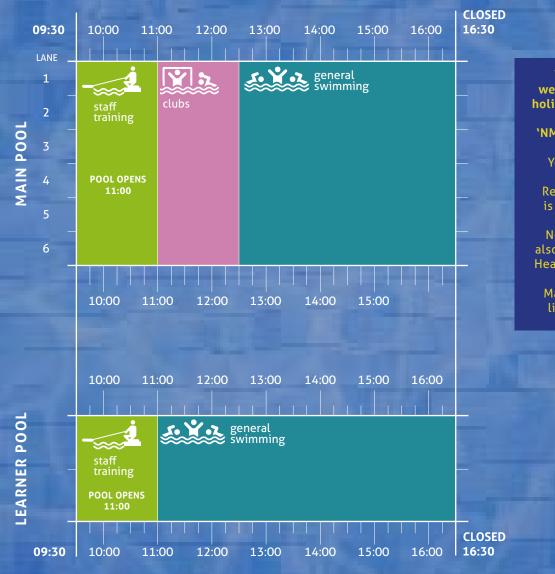












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Reception.
Maximum capacity
limits may apply.



\*Play sessions (with floats provided) will be in main pool and learner pool 12.30pm to 4.30pm