<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Monday 30 December 2019 - Sunday 5 January 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-8am</td>
<td>9-10am</td>
<td>10-11am</td>
</tr>
<tr>
<td>M</td>
<td>7-8.30am</td>
<td>Early Morning Swim</td>
</tr>
<tr>
<td>T</td>
<td>7-8.30am</td>
<td>Early Morning Swim</td>
</tr>
<tr>
<td>W</td>
<td></td>
<td>Christmas Day - Closed</td>
</tr>
<tr>
<td>T</td>
<td></td>
<td>Boxing Day - Closed</td>
</tr>
<tr>
<td>F</td>
<td>7-8.30am</td>
<td>Early Morning Swim</td>
</tr>
<tr>
<td>S</td>
<td>7.30-8.30am Early Morning Swim</td>
<td><strong>9-10am</strong></td>
</tr>
<tr>
<td>S</td>
<td>7.30-8.30am Early Morning Swim</td>
<td><strong>9-10am</strong></td>
</tr>
</tbody>
</table>

* Age 8+ years and must be able to swim 25 metres
** Adults 16+ years only
*** Private clubs
**** Instructor lead classes and 16+ years

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**Notes:**
- Early Morning: 7-8.30am
- Aquafit: 9-10am
- Toddler Only**: 9-10am
- Public: 10-11am
- Adult: 11am-12noon
- Evening: 12noon-1pm
- Family: 1-2pm
- NP Squad: 2-3pm
- Public: 3-4pm
- NP Squad: 4-5pm
- Adults Only**: 5-6pm
- Women Only**: 6-7pm
- Only**: 7-8pm
- Adults Only**: 8-9pm
- Adults Only**: 9-10pm

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**Newport Swimming Pool**

Monday 23 December 2019 - Sunday 29 December 2019

Monday 30 December 2019 - Sunday 5 January 2020

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