

swimming

MAIN POOL TIMETABLE (TERM TIME)

MONDAY	6.00am - 7.30am	Swimming Club
	8.00am - 9.00am	Early Birds
	9.00am - 12.15pm	Schools
	12.15pm - 1.45pm	Public Swimming
	1.45pm - 5.00pm	Schools
	5.00pm - 8.00pm	Public Swimming
	8.00pm - 9.00pm	Swimming Club
	9.00pm - 10.00pm	Adults Lane Swim
TUESDAY	6.15am-9.00am	Early Birds
	9.00am-12.15pm	Schools
	12.15pm-1.30pm	Public Swimming
	1.30pm-4.00pm	Schools
	4.00pm-6.00pm	Aquazone
	6.00pm-9.00pm	Public Swimming
	9.00pm-10.00pm	Adults Lane Swim
WEDNESDAY	6.00am-7.30am	Swimming Club
	8.00am-9.00am	Early Birds
	9.00am-12.15pm	Schools
	12.15pm-1.45pm	Public Swimming
	1.45pm-3.30pm	Schools
	3.30pm-5.00pm	Aquazone
	5.00pm-7.00pm	Public Swimming
	7.00pm-8.00pm	Aqua Fit
	8.00pm-9.00pm	Adults Aquazone
9.00pm-10.00pm	Adults Only	
THURSDAY	6.15am-9.00am	Early Birds
	9.00am-9.45am	Aquafit
	10.00am-12.15pm	Schools
	12.15pm-1.45pm	Public Swimming
	1.30pm-3.00pm	Aquazone
	2.00pm-5.00pm	OAP & Disabled Swim (Hoist Available)
	5.00pm-6.30pm	Aquazone
	6.30pm-9.00pm	Public Swimming
	9.00pm-10.00pm	Adult Lane Swimming

swimming

MAIN POOL TIMETABLE (TERM TIME)

FRIDAY	6.00am-7.30am	Swimming Club
	8.00am-9.00am	Early Birds
	9.00am-12.15pm	Schools
	12.15pm-1.30pm	Public Swimming
	1.30pm-5.00pm	Schools
	5.00pm-7.00pm	Public Swimming
	7.00pm-8.00pm	Aqua Fit
	8.15pm-9.15pm	Aqua Youth Club
SATURDAY	7.00am-8.30am	Early Birds
	8.30am-10.00am	Aquazone
	10.00am-12.noon	Swimming Club
	12.00noon-1.00pm	Private Hire
	1.00pm-4.00pm	Public Swimming
	4.00pm-5.00pm	Private Hire
	5.00pm-8.00pm	Public Swimming
SUNDAY	7.00am-9.00am	Swimming Club
	9.00am-12.noon	Public Swimming
	12.00noon-1.00pm	Wet & Wacky/Fun Session
	1.00pm-2.00pm	Disabled Swimming
	2.00pm-5.00pm	Public Swimming
	5.00pm-6.00pm	Private Hire
	6.00pm-7.00pm	Aquazone
	7.00pm-8.00pm	Ladies Only
8.00pm-9.30pm	Adults Only	

NOTES:

1. All under 8's must be accompanied in the pool by a responsible adult (16+)
2. Ratio for under 8's = 1 adult to 2 under 8's. However for under 5's a 1 to 1 ratio is recommended.
3. Sessions shown with *are by advance booking only.
4. On the Wet & Wacky/Fun Session there is no area available for lane swimming.
5. Please note only persons aged 8 and over are permitted to use the slide and must be able to swim a minimum of 25-metres/one length of the pool.
6. Please check with reception for any timetable change.
7. We do not lend any armbands or floats in public sessions.
8. During busy periods sessions will be limited to a 1 hour.
9. Aquazone is prebooked lessons.