

# swimming

## MAIN POOL:

### MONDAY

06.30-08.45 Adults Only Lane Swim  
 12.05-13.00 Adults Only Lane Swim  
 14.55-15.50 Adults Only/Over 50s  
 20.00-21.00 Public  
 21.00-22.15 Adults Only Lane Swim

### FRIDAY

06.30-08.45 Adults Only Lane Swim  
 12.05-13.00 Adults Only Lane Swim  
 16.00-16.55 Teacher Swim/Public  
 18.30-19.55 General Swim/Rafts  
 21.05-22.15 Adults Only Lane Swim

### TUESDAY

06.30-07.30 Swimming Club/Adults Only  
 07.30-08.45 Adults Only  
 12.05-13.45 Public (12.45-13.45 GP Referrals)  
 13.45-15.00 Disabled/Public  
 15.00-15.50 Over 50's  
 18.40-19.55 Public  
 20.00-20.55 Aqua Aerobics  
 /Adults Only Deep End Dippers  
 21.00-22.15 Adults Only/Staff Training

### SATURDAY

11.05-12.00 Public/Disabled  
 12.00-14.15 General Swim/Rafts  
 14.15-15.45 Private Hire\*  
 15.45-17.45 Public

### SUNDAY

08.00-09.55 Adults Only Lane Swim  
 10.00-13.15 Public (11.45-12.45 One Lane Closed)  
 13.30-14.30 Public (Wet 'n' Wacky Inflatable –  
 First Sunday of the Month Only)  
 14.30-15.30 Private Hire\*  
 14.45-17.25 Public  
 20.00-21.00 Adults Only Lane Swim

### WEDNESDAY

06.30-08.45 Adults Only Lane Swim  
 12.05-13.00 Adults Only Lane Swim/Disabled  
 17.45-20.30 Public  
 20.30-22.15 Adults Only

### THURSDAY

12.05-13.25 Public  
 15.00-15.55 Over 50's  
 17.40-18.25 General Swim/Rafts  
 18.30-20.00 Public  
 20.00-21.00 Ladies Only  
 21.00-22.15 Adults Only

## PLAY AND TEACH POOL TIMETABLE – TERM TIME

### MONDAY

09.00-14.40 Public  
 17.40-19.00 Public

### FRIDAY

09.00-15.25 Public  
 18.05-19.00 Public

### TUESDAY

18.05-19.00 Public

### SATURDAY

11.00-12.00 Public/Disabled  
 12.00-14.25 Public  
 14.30-15.30 Private Hire\*  
 15.45-17.45 Public

### WEDNESDAY

09.00-15.25 Public  
 18.15-19.15 Public

### SUNDAY

09.00-14.25 Public  
 14.30-15.30 Private Hire\*  
 15.35-19.00 Public

### THURSDAY

11.35-14.00 Public  
 18.15-19.10 Public

\* Maybe available to public please check with reception



# swimming

## STAGE 1-10 COURSES

### Monday

1445-1515	Stage 1
1520-1550	Stage 1
1555-1625	Stage 2
1555-1625	Stage 3
1555-1625	Stage 4
1555-1625	Stage 5
1630-1700	Stage 1
1630-1700	Stage 3
1630-1700	Stage 4
1630-1700	Stage 6
1705-1735	Stage 2

### Tuesday

1345-1415	Stage 1
1520-1550	Stage 2
1555-1625	Stage 1
1555-1625	Stage 5
1555-1625	Stage 6
1555-1625	Stage 3
1630-1700	Stage 3
1630-1700	Stage 4
1630-1700	Stage 1
1630-1700	Stage 5
1630-1700	Stage 6
1705-1735	Stage 3
1705-1735	Stage 4
1705-1735	Stage 1
1735-1805	Stage 2

### Wednesday

1530-1600	Stage 1
1530-1600	Stage 3
1530-1600	Stage 4
1530-1600	Stage 5
1605-1635	Stage 2
1605-1635	Stage 3
1605-1635	Stage 4
1605-1635	Stage 5
1640-1710	Stage 7
1640-1710	Stage 1
1640-1735	Stage 8
1640-1735	Stage 9
1640-1735	Stage 10
1710-1740	Stage 6
1715-1745	Stage 2
1745-1815	Stage 1

### Thursday

1100-1130	Stage 1
1410-1440	Stage 1
1445-1515	Stage 1
1520-1550	Stage 1
1555-1625	Stage 1
1555-1625	Stage 3
1555-1625	Stage 4
1555-1625	Stage 5
1630-1700	Stage 2
1630-1700	Stage 3
1630-1700	Stage 4
1630-1700	Stage 6
1705-1735	Stage 3
1705-1735	Stage 7
1705-1735	Stage 2
1705-1735	Stage 5
1735-1805	Stage 1

### Friday

1530-1600	Stage 2
1600-1630	Stage 2
1630-1700	Stage 1
1700-1730	Stage 1
1730-1800	Stage 2

### Saturday

0715-0745	Stage 2
0745-0815	Stage 1
0830-0900	Stage 1
0900-0930	Stage 2
0930-1000	Stage 1
1000-1030	Stage 1
1030-1100	Stage 2
1000-1030	Stage 3
1000-1030	Stage 4
1030-1100	Stage 3
1030-1100	Stage 4
1030-1100	Stage 5

# swimming

## MAIN POOL TIMETABLE OCTOBER HALF TERM MONDAY 24TH – SUNDAY 30TH

### MONDAY

06.30-08.45 Adults Only Lane Swim  
10.05-11.00 Public  
12.05-13.00 Adults Only Lane Swim  
14.55-15.50 Adults Only/Over 50s  
17.05-18.00 Scouts/Public  
20.00-21.00 Public  
21.00-22.15 Adults Only Lane Swim

### FRIDAY

06.30-08.45 Adults Only Lane Swim  
10.05-11.00 Public  
12.05-13.00 Adults Only Lane Swim  
16.00-16.55 Teacher Swim/Public  
18.30-19.55 General Swim/Rafts  
21.05-22.15 Adults Only Lane Swim

### TUESDAY

06.30-07.30 Swimming Club  
/Adults Only  
07.30-08.45 Adults Only  
10.05-11.00 Public  
12.05-13.45 Public (12.45-13.45 GP Referrals)  
13.45-15.00 Disabled/Public  
15.00-15.50 Over 50's  
17.40-19.55 Public  
20.00-20.55 Aqua Aerobics  
/Adults Only  
21.00-22.15 Deep End Dippers  
Adults Only/Staff Training

### SATURDAY

11.05-12.00 Public/Disabled  
12.00-14.15 General Swim/Rafts  
14.15-15.45 Private Hire  
15.45-17.45 Public

### SUNDAY

08.00-09.55 Adults Only Lane Swim  
10.00-13.15 Public (11.45-12.45 One Lane Closed)  
13.30-14.30 Public  
(Wet 'n' Wacky Inflatable -  
First Sunday of the Month Only)  
14.30-15.30 Private Hire  
(Maybe available to public,  
please check with reception)  
14.45-17.25 Public  
20.00-21.00 Adults Only Lane Swim

### WEDNESDAY

06.30-08.45 Adults Only Lane Swim  
10.05-11.00 Public  
12.05-13.00 Adults Only Lane Swim  
/Disabled  
17.45-20.30 Public  
20.30-22.15 Adults Only

### THURSDAY

10.05-11.00 Public  
12.05-13.25 Public  
15.00-15.55 Over 50's  
17.40-18.25 General Swim/Rafts  
18.30-20.00 Public  
20.00-21.00 Ladies Only  
21.00-22.15 Adults Only

# swimming

## PLAY AND TEACH POOL TIMETABLE OCTOBER HALF TERM MONDAY 24TH – SUNDAY 30TH

### MONDAY

09.35-14.40 Public  
17.40-19.00 Public

### TUESDAY

18.05-19.00 Public

### WEDNESDAY

09.35-15.25 Public  
18.15-19.15 Public

### THURSDAY

11.35-14.00 Public  
18.15-19.10 Public

### FRIDAY

09.35-15.25 Public  
18.05-19.00 Public

### SATURDAY

11.05-12.00 Public/Disabled  
12.00-14.25 Public  
14.30-15.30 Private Hire (Maybe available to public please check with reception)  
15.45-17.45 Public

### SUNDAY

09.00-14.25 Public  
14.30-15.30 Private Hire (Maybe available to public please check with reception)  
15.35-19.00 Public