

Main Pool

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON	LANE SWIM		GENERAL SWIM		ADULT LESSONS	AQUAFIT		GENERAL SWIM		AQUAZONE			GENERAL SWIM	LIFE SAVING	ADULT AQUAZONE	SUB AQUA	LIFEGUARD TRAINING
TUES			GENERAL SWIM		50+ SESSION	GENERAL SWIM		SCHOOLS	LADIES ONLY	AQUAZONE			GENERAL SWIM		SWIM CLUB		ADULT LANE SWIM
WED	LANE SWIM		LADIES ONLY		50+ SESSION	GENERAL SWIM*	SCHOOLS			AQUAZONE	AQUAZONE		GENERAL SWIM	DISABLED SWIM ADULT SWIM	AQUAFIT		ADULT SWIM
THUR			SCHOOLS		LADIES ONLY	GENERAL SWIM		STARFISH		AQUAZONE			SWIM CLUB				ADULT LANE SWIM
FRI	LANE SWIM		SCHOOLS			50+ SESSION	GENERAL SWIM			AQUAZONE			GENERAL SWIM				ADULT SWIM
SAT		SWIM CLUB		AQUAZONE		GENERAL SWIM			FUN SESSION	LADIES ONLY		PRIVATE HIRE/PARTIES					
SUN		LANE SWIM	GENERAL SWIM			ADULT SWIM	GENERAL SWIM			ADULT LESSONS & AQUAZONE		SWIM CLUB					

N.B. A lane will be in operation for length swimming during all general swimming.

Swimming



Working in partnership with your Local Authority.