

Pool Timetable Easter Holidays – Main Pool

Monday 8th April - Sunday 14th April 2024

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09:15-12.15	Aqua Fit 12.30-13.15	Casual Swim (25m) 12.30-18.15	Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00	
							Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09:15-12.15	Casual Swim (25m) 12.30-18.15		Private Hire 18:30-20:30	Lane Swim (25m) 20:30-22:00	
							Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	
Wednesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09:15-12.15	Student Club swim 13.30-15.30 (3xlanes)	Casual Swim (25m) 12.30-18.15		Private Hire 18:30-20:30	Lane Swim (25m) 20:30-22:00
							Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09:15-13.15	Casual Swim (25m) 13:30-18:15		Private Hire 18:30-20:30	Pool closed for NPLQ training (last Thursday of month)	
							Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Lane Swim (25m) 20:30-22:00
Friday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09:00-15.30		Adult swim lessons 12.00-13.00	Pool closed for Swim Lessons 15:45-18:15		
							Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Saturday			Lane Swim (25m) 08:00-09:00	Pool closed for Swim Lessons 09:15-12:15	Casual Swim (17m) 12:30 - 14:15	Casual Swim (25m) 14:30-17:00		
Sunday			Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09:00-12.15		Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	Casual Swim (25m) 15:00-17:00	Private Hire HSC

Private Hire - Our swimming facilities are available to hire, contact our Booking Team for details.

Swim Lessons - Learn To Swim programme that's designed to teach children and adults to swim. Lessons run 42 weeks a year, 6 days a week.

Changeovers - 15 minute intervals show when the lifeguards change the pool length or depth. Swimmers will need to get out of the pool during these times.

Member only swimming- 6.00-6.30 (25m) member only lane swimming

Lane Swim - 17m Pool. Strictly lane swimming only due to limited lane and speed availability - continuous swimming is required.

Lane Swim - 25m Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continuous swimming is required.

Casual Swim - 17m Pool. Casual and Lane swimming available.

Casual Swim - 25m Pool. Casual and Lane swimming available.

Aqua Fit - A fun and challenging aerobic workout in the swimming pool to music. Less stress is placed on the joints which makes this class ideal for those who prefer a low impact workout.

Family Fun- Music, floats and lots of fun makes this session a perfect way to enjoy some family time. normal child:adult ratios apply.

Evening Lane Swim- 25m Pool. Relaxed Lane Swimming with low level lighting and music.

Pool Timetable (Easter Holiday) – Small Pool
Monday 8th April -Sunday 14th April 2024

Monday		Pool closed for Swim lessons 9.15-12-15		
Tuesday		Pool closed for Swim lessons 9.15-12-15		NPLQ Training
Wednesday		Pool closed for Swim lessons 9.15-12-15		
Thursday		Pool closed for Swim lessons 9.15-12-15	Deep water Aqua Fit 12:15-13:15	
Friday		Pool closed for Swim lessons 9.15-12-15	Aqua Fit 12:15-13:15	Casual swim 13.15- 15.30
Saturday		Pool closed for Swim Lessons 09:15-12:15	Private Swim Lessons 12:15 - 4:15	
Sunday				Family Fun 12:45- 13:40 / 13:45-14:40

Additional Information:

- All sessions are subject to change.
- Pool depths will range from 1.2m to 1.4m in our off peak hours. In peak hours depths will range from 1.3m to 1.5m.
- We have ad hoc bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers

Timetable subject to operational changes.
 We may have to change the pool length from 25m down to 17m if needed due to operational challenges
 but please check our website alerts and homepage banners for any amendments ahead of your visit to us