

Pool Timetable (Term Time) – Main Pool

Monday 17th - Sunday 23rd December

Monday 17	Lane Swim 06:30-09:00	Casual Swim 09:00-15:45		Aqua Fit 12:15-13:00	Swim Lessons Only 16:00-18:00	Private Hire 18:15-20:15	Casual Swim 20:15-21:15	Evening Swim 21:15-22:00
Tuesday 18	Lane Swim 06:30-09:00	Casual Swim 09:00-12:15	Casual Swim 12:30-15:45		Swim Lessons Only 16:00-18:00	Private Hire 18:15-20:15	Casual Swim 20:15-22:00	
Wednesday 19	Lane Swim 06:30-09:00	Casual Swim 09:00-15:45			Swim Lessons Only 16:00-18:00	Private Hire 18:15-20:15	Swim Lessons 20:15-21:15	Evening Swim 21:15-22:00
Thursday 20	Lane Swim 06:30-09:00	Casual Swim 09:00-10:30	Multi-Activity 09:30-12:00	Casual Swim 10:45-15:45		Swim Lessons Only 16:00-18:00	Private Hire 18:15-20:15	Casual Swim 20:15-22:00
Friday 21	Lane Swim 06:30-09:00	Casual Swim 09:00-11:45	Swim Lessons 12:00-13:30	Casual Swim 12:00-15:45		Swim Lessons Only 16:00-18:00	Private Hire 18:15-20:15	Casual Swim 20:15-21:15
Saturday 22	Lane Swim 08:00-09:00	Swim Lessons 09:15-12:00		Private Lessons 12:00-14:00		Casual Swim 14:15-17:00		
Sunday 23	Lane Swim 08:00-09:00	Casual Swim 09:00-10:45	Family Fun 11:00-13:30		Casual Swim 13:45-17:00			

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

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

Private Hire - Our swimming facilities are available to hire, contact reception 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. Enrol anytime at Reception.

Lane Swimming- 25m Pool. No children can swim during this time, strictly lane swimming only due to limited lane availability

Lane Swimming - 25m Pool. Lane swimming only. Lane details swim direction and speed.

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

Family Fun- Music, floats and lots of fun makes this session a perfect way to enjoy some family time.

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

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. Book via Reception

Multi - Activity - A range of activities perfect for those that want to try something new. Take a break, social and make friends. See reception for further details.

Pool Timetable (Term Time) – Small Pool
Monday 17th - Sunday 23rd December

Monday 17				Swim Lessons Only 16:00-18:00	
Tuesday 18			Casual Swim 12:30-14:00	Swim Lessons Only 14:00-18:00	
Wednesday 19				Swim Lessons Only 16:00-18:00	
Thursday 20		Aqua Fit 10:45-11:30	Casual Swim 11:30-14:00	Swim Lessons Only 14:00-18:00	
Friday 21			Aqua Fit 12:15-13:00	Casual Swim 13:00-15:45	Swim Lessons Only 16:00-18:00
Saturday 22			Swim Lessons Only 09:15-14:00		
Sunday 23			Lane Swim 11:00-13:30		

Additional Information:

- 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. These will be communicated where possible two weeks in advance.
- As part of our goal of making more people active we will be offering one to one lessons in lanes 7 – 8 on an ad hoc basis. We will endeavour to reduce any impact this may cause on other users.