

Pool Timetable (Christmas) – Main Pool

Monday 24th - Sunday 30th December

Monday 24	Lane Swim 06:30-09:00	Casual Swim 09:00-14:00	Aqua Fit 12:15-13:00	Closing at 2pm for Christmas		
Tuesday 25	Christmas Day - CLOSED					
Wednesday 26	Boxing Day - CLOSED					
Thursday 27	Lane Swim 06:30-09:00	Casual Swim 09:00-10:30	Casual Swim 10:45-14:00	Casual Swim 14:15-18:00	Private Hire 18:15-20:15	Casual Swim 20:15-22:00
Friday 28	Lane Swim 06:30-09:00	Casual Swim 09:00-11:45	Casual Swim 12:00-14:00	Casual Swim 14:15-18:00	Private Hire 18:15-20:15	Casual Swim 20:15-21:15
Saturday 29	Lane Swim 08:00-09:00	Casual Swim 09:00-17:00				Evening Swim 21:15-22:00
Sunday 30	Lane Swim 08:00-09:00	Casual Swim 09:00-17:00				

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 (Christmas) – Small Pool
 Monday 24th - Sunday 30th December

Monday 24			
Tuesday 25			
Wednesday 26			
Thursday 27	<table border="1"> <tr> <td>Aqua Fit 10:45-11:30</td> <td>Casual Swim 11:30-14:00</td> </tr> </table>	Aqua Fit 10:45-11:30	Casual Swim 11:30-14:00
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Saturday 29			
Sunday 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 1 – 1 lessons in lanes 7 – 8 on an ad hoc basis. We will endeavour to reduce any impact this may cause on other users.