

Pool Timetable (Christmas) – Main Pool

Monday 31st December 2018 - Sunday 6th January 2019

Monday 31	Lane Swim 06:30-09:00	Casual Swim 09:00-14:00	Aqua Fit 12:15-13:00	Closing at 2pm for New Years			
Tuesday 01	New Years Day - CLOSED						
Wednesday 02	Lane Swim 06:30-09:00	Casual Swim 09:00-18:00			Private Hire 18:15-20:15	Casual Swim 20:15-21:15	Evening Swim 21:15-22:00
Thursday 03	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 18:15-21:15	Casual Swim 21:15-22:00
Friday 04	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	Evening Swim 21:15-22:00
Saturday 05	Lane Swim 08:00-09:00	Casual Swim 09:00-16:15			Private Party Hire 16:30-17:00 (Alternative Adult Lane Swimming available till 5pm)	Private Party Hire Available	
Sunday 06	Lane Swim 08:00-09:00	Private Hire 09:15-10:45	Family Fun 11:00-13:30	Casual Swim 09:00-10:45	Private Hire 14:15-15:45	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 (Christmas) – Small Pool

Monday 31st December 2018 - Sunday 6th January 2019

Monday 31			
Tuesday 01			
Wednesday 02			
Thursday 03	Aqua Fit 10:45-11:30	Casual Swim 11:30-14:00	
Friday 04		Aqua Fit 12:15-13:00	Casual Swim 13:00-14:00
Saturday 05			Lane Swim 16:30-17:00
Sunday 06	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 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.