

Pool Timetable (Summer Holidays) – Main Pool
Monday 8th August - Sunday 14th August 2022

Monday 8	Lane Swim (25m) 06:30-09:00	Crash Courses 10:00-12:00 Lane 8	Aqua fit 12.15-13.00	Casual Swim (17m) 09:15-15:30	Casual Swim (25m) 16.00-18.30	Lane Swim (25m) 18:30-21:00	
Tuesday 9	Lane Swim (25m) 06:30-09:00	Crash Courses 10:00-12:00 Lane 8		Casual Swim (17m) 09:15-15.45	Family Fun 16:00 - 16:55 / 17:00-17:55	Lane Swim (25m) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Wednesday 10	Lane Swim (25m) 06:30-09:00	Crash Courses 10:00-12:00 Lane 8		Casual Swim (17m) 09:15-15.45	Family Fun 16:00 - 16:55 / 17:00-17:55	Lane Swim (25m) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Thursday 11	Lane Swim (25m) 06:30-09:00	Crash Courses 10:00-12:00 Lane 8		Casual Swim (17m) 09:15-15.45	Family Fun 16:00 - 16:55 / 17:00-17:55	Lane Swim (25m) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Friday 12	Lane Swim (25m) 06:30-09:00	Crash Courses 10:00-12:00 Lane 8		Casual Swim (17m) 09:15-15.45	Casual Swim (25m) 16.00-18.30	Lane Swim (25m) 18:30-21:00	
Saturday 13		Lane Swim (25m) 08:00-10:45		Casual Swim (25m) 10:45 - 17:00			
Sunday 14	Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09:00-12:30	Family Fun 12:45- 13:40 / 13:45-14:40	Casual Swim (25m) 15:00-17:00			

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.

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.

Please check our website alert and homepage banners for any pool closures ahead of your visit to us

Pool Timetable (Summer Holidays) – Small Pool
Monday 8th August - Sunday 14th August 2022

Monday 8		Half Term Crash Courses 09:15-12:15	Casual Swim 12.15-15.30		
Tuesday 9		Half Term Crash Courses 09:15-12:15	Casual Swim 12.15-18.30		
Wednesday 10		Half Term Crash Courses 09:15-12:15	Casual Swim 12.15-18.30		
Thursday 11		Half Term Crash Courses 09:15-12:15	Casual Swim 12.15-18.30		
Friday 12		Half Term Crash Courses 09:15-12:15	Aqua fit 12.30-13.15	Casual Swim 12.15-15.30	
Saturday 13					
Sunday 14					

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
Please check our website alert and homepage banners
for any pool closures ahead of your visit to us*