

Pool Timetable (Summer Holidays) – Main Pool Monday 15th August - Sunday 21st August 2022

Monday 15	Lane Swim (25m) 06:30-09:00	Aqua fit 12.15-13.00	Casual swim (25m) 9:00-18:30	Lane Swim (25m) 18:30-21:00	
Tuesday 16	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:15-15:30	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 17	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:15-15:30	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 18	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:15-15:30	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 19	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09:15-14:15	Casual Swim (25m) 14.30-18.15	Lane Swim (25m) 18:30-21:00	
Saturday 20	Lane Swim (25m) 08:00-10:45	Casual Swim 10:45 - 17:00			
Sunday 21	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 15th August - Sunday 21st August 2022

Monday 15			
Tuesday 16			
Wednesday 17			
Thursday 18			
Friday 19	Casual Swim (17m) 9.15-13.15	Aqua fit 12.30-13.15	
Saturday 20			
Sunday 21			

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*