

### Pool Timetable (Summer Holidays) – Main Pool Monday 1st August- Sunday 7th August 2022

<b>Monday 1</b>	NPLQ Course 08:00-09:00 Lane Swim (25m) 06:30-09:00	Aqua fit 12.15-13.00 Casual Swim (17m) 09:15-14:15	Casual Swim (25m) 14:30-18:15	Lane Swim (25m) 18:30-21:00	
<b>Tuesday 2</b>	NPLQ Course 08:00-09:00 Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 15:30-09:15	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
<b>Wednesday 3</b>	NPLQ Course 08:00-09:00 Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 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
<b>Thursday 4</b>	NPLQ Course 08:00-09:00 Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 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
<b>Friday 5</b>	NPLQ Course 08:00-09:00 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	
<b>Saturday 6</b>	NPLQ Course 08:00-09:00 Lane Swim (25m) 08:00-10:45	Casual Swim 10:45 - 17:00			
<b>Sunday 7</b>	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 - continous swimming is required.

**Lane Swim - 25m** Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continous 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

**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 1st August- Sunday 7th August 2022

Monday 1		Casual Swim (17m) 9.15-13.15	NPLQ Course 13.15-14.15	
Tuesday 2		Casual Swim (17m) 9.15-14.15	NPLQ Course 14.15-15.15	
Wednesday 3		Casual Swim (17m) 9.15-14.15	NPLQ Course 14.15-15.15	
Thursday 4		Casual Swim (17m) 9.15-14.15	NPLQ Course 14.15-15.15	
Friday 5		Casual Swim (17m) 9.15-13.15	Aqua fit 12.30-13.15	NPLQ Course 13.15-14.15
Saturday 6				
Sunday 7				

**Additional Information:**

- All sessions are subject to change.
- Pool depths will range from 1.2m to 1.4m in out of 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