

Pool Timetable (Term Time) – Main Pool

Monday 18th March - Sunday 24th March 2024

Monday	Lane Swim (25m) 06:30-09:00	Casual swim (25m) 09:00-15:30		Aqua Fit 12:15-13:00	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Tuesday	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:00-12:15	Adult Swim Lessons 12:45-13:45	Casual Swim (17m) 12:30-15:30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Adult Swim Lessons 20:30-22:00 Lane Swim (25m) 20:30-22:00
Wednesday	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 9.00-15.30		Student Club swim 13.30-15.30 (3xlanes)	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Adult Swim Lessons 20:30-22:00 Lane Swim (25m) 20:30-22:00
Thursday	Lane Swim (25m) 06:30-09:00	Private Hire (Lane 8) 9.00-10.00	Casual Swim (25m) 09:00-12.00	Casual Swim (17m) 12.15-15.30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Pool closed for NPLQ training (last Thursday of month) Lane Swim (25m) 20:30-22:00
Friday	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 9.00-11.45	Adult Swim Lessons 12:00-13:00	Casual Swim (17m) 12:00-15:30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Saturday	Lane Swim (25m) 08:00-09:00	Pool closed for Swim Lessons 09:15-12:15	Casual Swim (17m) 12:30 - 14:15	Casual Swim (25m) 14:30-17:00			
Sunday	Lane Swim (25m) 08:00-09:00	Casual Swim (17m) 09:15-12:30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	Casual Swim (17m) 15:00-17:00	Private Hire HSC		

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.

Pool Timetable (Term Time) – Small Pool

Monday 18th March -Sunday 24th March 2024

Monday						Pool closed for Swim Lessons 15:30-18:30	
Tuesday		NPLQ Training		Swim Lessons Only 14:00-15:00	Adult Swim Lessons	Pool closed for Swim Lessons 15:30-18:30	
Wednesday						Pool closed for Swim Lessons 15:30-18:30	
Thursday		Deep water Aqua Fit 12:15- 13:00	Casual swim 13:00-14:00	Swim Lessons Only 14:00-15:00	Casual Swim (17m)	Pool closed for Swim Lessons 15:30-18:30	
Friday		Aqua Fit 12:15- 13:00	Adult Swim Lessons Only 13:00-15:30			Pool closed for Swim Lessons 15:30-18:30	
Saturday		Pool closed for Swim Lessons 09:15-12:15		Private Swim Lessons 12:15 - 14:15			
Sunday		Swim Lessons (Stage 1-3) 09:15-11:15	Swim Lessons (Stages 4-6) 11:30-12:30	Family Fun 12:45- 13:40 / 13:45-14:40		Swim Lessons (stages 1- 6) 14.45-16.30	

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