

## Pool Timetable term time – Main Pool

Monday 28th April - Sunday 4th May 2025

|                  |                 |                             |  |   |                                 |  |   |                                     |
|------------------|-----------------|-----------------------------|--|---|---------------------------------|--|---|-------------------------------------|
| <b>Monday</b>    | 6.00-6.30 (25m) | 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                          | Evening Lane Swim (25m) 20:30-22:00 |
| <b>Tuesday</b>   | 6.00-6.30 (25m) | 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                          | Adult Swim lessons 20.30-22.00      |
| <b>Wednesday</b> | 6.00-6.30 (25m) | Lane Swim (25m) 06:30-09:00 | Casual Swim (25m) 09.00-15.30            |   |                                 | Pool closed for Swim Lessons 15:45-18:15 | Private Hire 18:30-20:30                          | Adult Swim lessons 20.30-22.00      |
| <b>Thursday</b>  | 6.00-6.30 (25m) | Lane Swim (25m) 06:30-09:00 | Private hire (lanes 7&8) 09.00-10.00     | 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                          | Private Hire 20.30-22.00            |
| <b>Friday</b>    | 6.00-6.30 (25m) | Lane Swim (25m) 06:30-09:00 | Casual Swim (25m) 9.00-09.45             | Adult Swim Lessons 12:00-13:00              | Casual swim (17m) 10.00-15.30   | Pool closed for Swim Lessons 15:45-18:15 | Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30 | Evening Lane Swim (25m) 20:30-22:00 |
| <b>Saturday</b>  |                 | 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   | Private Hire 17.00-19.30                 |   |                                     |
| <b>Sunday</b>    |                 | 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                         | Members only swim (2 lanes 25m) 17.15-19.15       |                                     |

**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.

**Member only swimming**- 6.00-6.30 (25m) member only lane swimming. No female shower access during this time

**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. Members can book in person at Reception.

**Evening Lane Swim**- 25m Pool. Relaxed Lane Swimming with low level lighting and music.

# **Pool Timetable (term time) – Small Pool** Monday 28th April -Sunday 4th May 2025

|           |  |  |   |  |  |  |   |   |   |  |
|-----------|--|--|---|--|--|--|---|---|---|--|
| Monday    |  |  |   |  |  |  | Pool closed for Swim Lessons<br>15:30-18:30 |   |   |  |
| Tuesday   |  |  |   |  | NPLQ<br>training<br>12.30-13.30              |  | Swim<br>Lessons<br>Only<br>14:00-15:00      | Adult Swim<br>Lessons                       | Pool closed for Swim Lessons<br>15:30-18:30 |  |
| Wednesday |  |  |   |  |  |  | Pool closed for Swim Lessons<br>15:30-18:30 |   |   |  |
| Thursday  |  |  |   |  | Deep<br>water<br>Aqua Fit<br>12:15-<br>13:00 | Casual swim<br>13.00-14.00             | Swim<br>Lessons<br>Only<br>14:00-15:00      | Casual<br>Swim (17m)<br>15:00-15:30         | Pool closed for Swim Lessons<br>15:30-18:30 |  |
| Friday    |  |  | Paddle and Play<br>session 10.00-<br>11.30  | Casual<br>swim<br>11.30-<br>12.15              | Aqua Fit<br>12:15-<br>13:00                  | Adult Swim Lessons Only<br>13:00-15:30 |   | Pool closed for Swim Lessons<br>15:30-18:30 |   |  |
| Saturday  |  |  | Pool closed for Swim Lessons<br>09:15-12:15 |  | Private Swim Lessons<br>12:15-14:15          |  |   |   |   |  |
| Sunday    |  |  | Swim Lessons (Stage 1-3)<br>09:15-10:45     | Swim<br>Lessons<br>(Stages 4-6)<br>11:15-12:30 | Family Fun<br>12:45-13:40 / 13:45-14:30      |  | Swim Lessons (stages 1-6)<br>14:45-16:30    |   |   |  |

## **Additional Information:**

- All sessions are subject to change.
- Pool depths will range from 0.2m 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