

Pool Timetable Summer Holiday – Main Pool
Monday 25th August - Sunday 31st August 2025

Bank Holiday Monday			Aqua Fit 11:15-12:00					
			Casual Swim (25m) 08.00-16.00					
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-12.15	Casual Swim (17m) 12.30-13.45	Family Fun 14.00-15.00	Casual Swim (25m) 15.15-18.15		Lane Swim 25m 18.30-22.00
Wednesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-18.15					Lane Swim 25m 18.30-22.00
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-12.00	Casual Swim (17m) 12.15-13.45	Family Fun 14.00-15.00	Casual Swim (25m) 15.15-18.15		Lane Swim 25m 18.30-22.00 NPLQ 20.30-21.30
Friday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-12.00	Casual Swim (17m) 12.15-13.15		Casual Swim (25m) 13.30-18.45		Lane Swim 25m 18.30-20.30 Lane Swim 25m 20:30-2100
Saturday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09.15-17.00					
Sunday	Private hire 06.00-07.30	Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09.15-12.30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)		Casual Swim (25m) 14.45-19.00		

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.

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. Non equipment lane available, see signs on poolside

Lane Swim - 25m Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continuous swimming is required. Non equipment lane available, see signs on poolside.

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 (summer holiday) – Small Pool
Monday 25th August - Sunday 31st August 2025

Monday	
Tuesday	NPLQ 12.30-13.30 Family Fun 14.00-15.00
Wednesday	
Thursday	Deep water Aqua Fit 12:15-13:00 Casual Swim 13.00-14.00 Family Fun 14.00-15.00
Friday	Aqua Fit 12:15-13:00
Saturday	
Sunday	Family Fun 12.45-13.40 / 13.45-14.30

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