

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

Bank Holiday Monday				Cas	Aqua Fit 11:15- 12:00 asual Swim (25m) 08.00-16.00							ationa
Tuesday	6.00- 6.30 (25m) Lane Swim (25m) 06:30-09:00			Casual Swim (25m) 09.0	)-12.15	Casual Swim (17m) 12.30- 13.45	Family Fun 14.00-15.00	Casual Swin	n (25m) 15.15-18.15	a	Lane Swim 25m 18.30-22,00 Per an allowed the state of the	N
Wednesday	6.00- 6.30 (25m) Lane Swim (25m) 06:30-09:00			Casual Swim (25m) 09.00-18.15								
Thursday	6.00- 6.30 (25m)	6.30 Lane Swim (25m)		Casual Swim (25m) 09.00-	12.15-13.45					Lane	NPLQ 20.30- 21.30 22.00	
Friday	6.00- 6.30 (25m)	Lane Swim 06:30-09		Casual Swim (25m) 09.00-12.00  Casual Swim (25m) 13.30-38-45  Lane Swim 25m 18.30-20.30  25m  20:30- 2100								
Saturday			Lane Swim (25m) 08:00-09:00	current til	Casual Swim (25m) 09.00-12.00   Swim (7m)   Casual Swim (25m) 13.30   Casual Swim (25m) 09.15-17.00   Casual Swim (25m) 09.15-							
Sunday	Private hir 07.0		Lane Swim (25m) 08:00-09:00	Casual Swim (29m) 0	Family Fun 12:45- 13:40 / 13:45-14:40 (17m) Casual				wim (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						Lane Swim-17m Pool. Strictly lane swimming only due to limited lane and speed availability - continous swimming is required. Non equiptment lane availblie, see signs on poolside  Lane Swim - 25m Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continous swimming is required. Non equiptment lane availble, see signs on poolside.			Aqua Fit - A fun pool to music. Le class ideal for the  Family Fun- Mu perfect way to er	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.		
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				Casual Swim - 17m Pool. Casual and Lane swimming available.  Casual Swim - 25m Pool. Casual and Lane swimming available.				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

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Tuesday	Additional Information:  Augus Fr. Symmity Fun 13:00  Augus Fr. Symmity Fun 14:00-15:00  Additional Information:  - All sessions are subject to change The Check Pool of the Check Po									
ruesuay	13.30 14.00-15.00 14.00-15.00 to any									
Wednesday	, change due for									
	anal seed anner									
Thursday	Water Aqua Fit Swim 13.00- 14.00-15.00									
	12:15- 13:00 14:00 100 100 100 100 100 100 100 100 100									
Friday	Aqua Fit 12:15.									
	13:00 SUDJE AND CHOUL									
Saturday	care 25 lerts dot									
	Lables from the area head									
Sunday	ant timetables are subjected and of your subjection of the subject									
Sullday	12.45-13:40/13.45-14:30									
Additional Information:  - All sessions are subject to change 12 to 14 min our of seak hours. In peak hours depths will range from 1.3m to 1.5m.  - We have ad hot bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers  We have ad hot bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers										
	Additional mormation. Other the end of Particle City of P									
- All sessions are subject to change 119 100 200 115										
	- 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 how bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers										
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