

Pool Timetable term time – Main Pool

Monday 22nd December - Sunday 28th December 2025

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00- 18.15	Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
				Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00- 18.15	Private Hire 18:30-20:30	Lane Swim (25m) 20.30-22.00
				Lane Swim (25m)-(Only 2 single lanes) 18:30-20.30	
Wednesday Christmas Eve	Closed				
Thursday Christmas Day	Closed				
Friday Boxing Day	Closed				
Saturday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09:00-17.00		
Sunday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09:00-12.30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	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.

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 - continous 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 - continous 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 (term time) – Small Pool
Monday 22nd December - Sunday 28th December 2025

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	<div>Family Fun 12:45- 13:40 / 13:45- 14:30</div>

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