

Pool Timetable term time – Main Pool
Monday 29th December - Sunday 4th January 2026

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00- 17.15						Private Hire 17:30-19:30	Evening Lane Swim (25m) 19:30-22:00
									Lane Swim (25m)-(Only 2 single lanes) 17:30-19:30	
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00- 17.15						Private Hire 17:30-19:30	Lane Swim (25m) 19.30-22.00
									Lane Swim (25m)-(Only 2 single lanes) 17:30-19:30	
Wednesday	Closed									
Thursday	Closed									
Friday	Closed									
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		
		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

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 (term time) – Small Pool
Monday 29th December - Sunday 4th January 2026

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday		Pool closed for Swim Lessons 09:15-12:15			
Sunday		Swim Lessons (Stage 1-3) 09:15-10.45	Swim Lessons (Stages 4-6) 11:15-12:30	Family Fun 12:45- 13:40 / 13:45-14:30	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