

Pool Timetable Summer Holiday – Main Pool

Monday 28th July - Sunday 3rd August 2025

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00		NPLQ (lanes 7&8) 11.00-12.00	Aqua Fit 12:15-13:00		Casual swim (17m) 9.15-12.00		Casual Swim (25m) 12.15-14.30		Casual swim (17m) 14.45-15.45		Casual Swim (25m) 16.00-18.15		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	NPLQ (lanes 7&8) 08.00-9.00				Casual swim (17m) 9.15-13.45				Family Fun 14.00-15.00		Casual Swim (25m) 15.15-18.15		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	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 08.00-9.00				Casual swim (17m) 9.15-13.30						Casual Swim (25m) 13.45-18.15		Private Hire 18:30-20:30	Lane Swim 25m 20:30-22.00
															Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00	
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 08.00-9.00				Casual Swim (17m) 9.15-14.00				Family Fun 14.15-15.15		Casual Swim (25m) 15.30-18.15		Private Hire 18:30-20:30	Lane Swim 25m 20:30-22.00
															Lane Swim (25m)-(Only 2 single lanes) 18:30-20.30	
Friday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 08.00-9.00				Casual Swim (17m) 9.15-18.15								Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Lane Swim 25m 20:30-2100
															Private Hire 18:30-20:30	
Saturday		Lane Swim (25m) 08:00-09:00 NPLQ (lanes 7&8) 08.00-9.00					Casual Swim (25m) 09.15-17.00								Private Hire 17.00-19.30	
Sunday		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) 14.45-17.00		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 (summer holiday) – Small Pool Monday 28th July -Sunday 3rd August 2025

Monday		Pool closed for Swim lessons 9.15-12-00		NPLQ 14.45-15.45	
Tuesday		Pool closed for Swim lessons 9.15-12-00	NPLQ 12.30-13.30	Family Fun 14.00-15.00	
Wednesday		Pool closed for Swim lessons 9.15-12-00	NPLQ 12.30-13.30		
Thursday		Pool closed for Swim lessons 9.15-12-00	Deep water Aqua Fit 12.15-13.00	NPLQ 13.00-14.00	Family Fun 14.15-15.15
Friday		Pool closed for Swim lessons 9.15-12-00	Aqua Fit 12.15-13:00	Casual swim 13.00-14.00	NPLQ 14.00-15.00
Saturday					Casual Swim 15.00-18.15
Sunday				Family Fun 12.45-13.45 / 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