

# Pool Timetable term time – Main Pool

Monday 21st July - Sunday 27th July 2025

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-15.30				Pool closed for Swim Lessons 15:45-18:15	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) 09:00-12.15	Casual Swim (17m) 12:30 - 13.45	Casual Swim (25m) 14.00-18.15			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	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) 18:30-22.00	
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:00-12.00	Casual Swim (17m) 12.15-18.15	Family Fun 14.00-15.00	Casual Swim (25m) 15.15-18.15	Private Hire 18:30-20:30	Staff training 20.30-22.00 (pool closed to public)	
							Lane Swim (25m)-(Only 2 single lanes) 18:30-20.30		
Friday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 9.00-09.45	Casual swim (17m) 10.00-18.15				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	Casual Swim (25m) 09.00-12.00	Casual Swim (17m) 12:30 - 14:15	Casual Swim (25m) 14.30-17.00		Summer pool party (please book at reception) 18.00-17.00		
Sunday		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 (25m) 15:00 - 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 - continous swimming is required.

**Lane Swim - 25m** Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continous 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 (term time) – Small Pool** Monday 21st July - Sunday 27th July 2025

Monday					Pool closed for Swim Lessons 15:30-18:30		
Tuesday				NPLQ 12.30-13.30			
Wednesday							
Thursday				Deep water Aqua Fit 12:15-13:00	Casual Swim 13.00-14.00	Family fun 14.00-15.00	
Friday		Paddle and Play session 10.00-11.30	Casual swim 11.30-12.15	Aqua Fit 12:15-13:00	Casual swim 13.00-18.30		
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