

Member only swimming- 6.00-6.30 (25m) member only lane swimming. No female shower access during this time

Pool Timetable term time – Main Pool Monday 6th October - Sunday 12th October 2025

Casual Swim (25m) 09.00-15.30 Casual Swim (25m) 09.00-15.30 Casual Swim (25m) 09.00-12.15 Casual Swim (25m) 09.00-12.15 Casual Swim (17m) Casual Swim (17m) Casual Swim (25m) 09.00-12.15 Casual Swim (25m) 09.00-12.15 Casual Swim (17m) Casual Swim (17m) Casual Swim (17m) Casual Swim (25m) 09.00-12.15 Casual Swim (17m) Casual Swim (17m) Casual Swim (17m) Casual Swim (25m) 09.00-12.00 Casual Swim (25m) 09.00-15.30 Casual Swim (17m) 12.15-15.30 Casual Swim (25m) 09.00-12.00 Casual Swim (17m) 12.15-15.30 Casual Swim (25m) 09.00-12.00 Casual Swim (17m) 10.00-15.30 Casual Swim (25m) 10.00-19.30 Casual Swim (25m) 09.00-12.00 Casual Swim (17m) 10.00-15.30 Casual Swim (25m) 10.00-19.30 Casual Swim (25m) 09.00-12.00 Casual Swim (25m) 09.00-12.00 Casual Swim (25m) 10.00-15.30 Casual Swim (25m) 10.00-19.30 Casual Swim (25m) 10.00-19.3			v						
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Lane Swim (25m) 06:30-90:00 Casual Swim (25m) 9:00-15:30 Casual Swim (17m) 12:15:19:30 Proof closed for Swim Lessoft Private Hire 20:30-22:00 Casual Swim (17m) 12:15:19:30 Private Hire 20:30-22:00 Casual Swim (17m) 12:15:19:30 Private Hire 20:30-22:00 Casual Swim (25m) 9:00-15:30 Casual Swim (17m) 10:00-15:30 Private Hire 17:00-19:30 Casual Swim (17m) 10:00-15:30 Private Hire 17:00-19:30 Casual Swim (17m) 10:00-15:30 Private Hire 17:00-19:30 Private Hire 17:00-19:30 Private Hire 17:00-19:30 Private Hire 17:00-19:30 Casual Swim (17m) 12:45-13:40 Casual Swim (17m) 12:45-13:40 Casual Swim (17m) 15:00-17:00 Private Hire 17:00-19:30 Private Hire 17:00-19:30 Casual Swim (17m) 12:45-13:40 Casual Swim (17m) 15:00-17:00 Private Hire 17:00-19:30 Casual Swim (17m) 15:00-17:00 Casual Swim (17m) 15:00-17:00 Casual Swim (17m) 15:00-17:00 Private Hire 17:00-19:30 Casual Swim (17m) 15:00-17:00 Casual Swim - 17m Pool. Casual and Lane swimming only due to limited lane and speed availability - continuous swimming in required. Non equipment land disalled to swim part which which makes this casual swim (17m) 15:00-17:00 Casual Swim - 17m Pool. Casual and Lane swimming only. Strictly Lane swimming only due to limited lane and speed availability - continuous swimming in required. Non equipment land disalled to swim part which which makes this casual swim (17m) 15:00-17:00 Casual Swim - 17m Pool. Casual and Lane swimming only. Strictly Lane Swim-25m Lane Swim-25m Lane Swim-	Tuesday	6.30			Lessons 12:45-13:45 Casual Swim (17m)			Private H 18:30-20:	Adult Swim lessor 20.30-22,00 (25m)-(Only 2 single lanes)
Friday 6.00 Casual Swim (25m) 06:30-09:00 Casual Swim (17m) 12:15-16:30 Pool closed to glowm Lessants (25m) 06:30-20:00 Casual Swim (17m) 12:15-16:30 Pool closed to glowm Lessants (25m)	Wednesday	6.30					18.30-20:	30 50.30-22.00	
Enday (25m)	Thursday	6.30			Casual Swim (17m) 12.15-15:30	Pool closed to	Swim Lessons 5-18:15	18:30/20:	22.00 (25m)-(Only 2 single lanes)
Sunday Lane Swim (25m) (08:15-12:15 (25m) (08:15-12:15 (17m) (12:30 - 14\)15 (15:30 - 14\)15 (15:30 - 14\)15 (15:30 - 14\)15 (15:30 - 14\)15 (15:30 - 14\)15 (15:30 - 17:00 Private Hire 17.00-19.30 Private Hire 18.C Adua 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. Lane Swim - 25m Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continous swimming is required. Non equiptment lane availible, see signs on poolside. Lane Swim - 25m Lane swimming only due to limited lane and speed availability - continous swimming only due to limited lane and speed availability - continous swimming only due to limited lane and speed availability - continous swimming is required. Non equiptment lane availible, see signs on poolside. Lane Swim - 25m Lane swimming only due to limited lane and speed availability - continous swimming is required. Non equiptm	Friday	6.30		Swim (25m) 9.00-	Casual, swim (17m) 10.00-15.30	Pool closed to	r Swim Lessons 5-18:15	lanes) 18:30-20:3 Private H	30 Lane Swim 25m 20:30-22.00
Private Hire - Our swimming facilities are available to hire, on lact our Booking Team for details. Private Hire - Our swimming facilities are available to hire, on lact 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. Lane Swim - 17m Pool. Casual and Lane swimming available. Lane Swim - 17m Pool. Casual and Lane swimming available. Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available to hire, 15:00 - 17:00 Private Hire - Our swimming facilities are available, 15:00 - 17:00 Private Hire - Our swimming facilities are available, 15:00 - 17:00 Private Hire - Our swimming facilities are available, 15:00 - 17:00 Private Hire - Our swimming facilities are available, 15:00 - 17:00 Private Hire - Our swimping facilities are available, 15:00 - 17:00 Private Hi	Saturday		(25m)	Pool elogo for Swim L 09:15-12:15	Casual Swim (17m) Casual Swim	(25m) 14.30-17.00	Private Hire	17.00-19.30	
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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. Casual Swim - 17m Pool. Casual and Lane swimming available. Limited the and speed availability - Continuous swimming is required. Not a perfect way to enjoy some family time. normal child; adult ratios apply. Members can book in person at Reception. Casual Swim - 17m Pool. Casual and Lane swimming available. Evening Lane Swim- 25m Pool. Relaxed Lane Swimming with low	216	s W	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.		and speed availiabilty - continous swimming is required. Non equiptment lane availible, 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		pool to music. Less stress is placed on the joints which makes this		
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Pool Timetable (term time) - Small Pool

Monday 6th October - Sunday 12th October 2025

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Monday						15:30-18:30	ianal			
Tuesday			NPLQ 12.30- 13.30	Swim Lessons Only 14:00-15:00 PAGNIT Swim		Pool closed for Swim Lessons 15:30-18:30	al changes due to operational al changes due to any nif needed due for any mepage banners for any our visit to			
Wednesday						Pool closed for Swim Lessons 15:30-18:30	al changed due to for all all all all all all all all all al			
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Friday		session 10.00-	Aqua Fit 1.30- 2.15 Aqua Fit 12:15- 13:00	Adult Swim Lessons Only 13:00-15:30	ct co	Pool closed for Swim Lessons 15:30-18:30	mer visit to			
Saturday	Pool	closed for Swim Lesson 09:15-12:15	s Private Sw 12.15	in Lessons 14:15 10 11 11 11 11 11 11 11 11	\\ } ³	alerts and of s				
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	- All sessions are subject to change	ngulease	ants of							
	Additional Information: - All sessions are subject to change. - Pool depths will range from 1.2 molecular flect our timetable, we will ensure these are only booked when it minimises the impact on customers - We have ad hoc bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers									
	- We have ad hoc bookings which n	navaffect our time	table, we will er	nsure these are only boo	oke	d when it minimises the in	npact on customers			
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