

Pool Timetable Half Term– Main Pool

Monday 27th October - Sunday 2nd November 2025

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 8.30-10.00	Casual swim (17m) 9.15-12.00	Aqua Fit 12:15-13:00	Casual swim (25m) 12.15-13.45	Casual swim (17m) 14.00-15.30	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 8.00-9.00	Casual swim (17m) 9.15-30	Adult Swim Lessons 12:45-13:45			Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Adult Swim lessons 20.30-22.00
Wednesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 8.30-10.00	Casual swim (17m) 9.15-12.00	NPLQ (lanes 7&8) 12.15-13.15	Student Club swim 13.30-15.30 (3xlanes)		Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Adult Swim lessons 20.30-22.00
Thursday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 8.00-9.00	Casual swim (17m) 9.15-15.30	NPLQ			Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30	Private Hire 20.30-22.00
Friday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	NPLQ (lanes 7&8) 8.00-9.00	Casual swim (17m) 9.15-15.30	Swim lessons 14.30-15.30			Pool closed for Swim Lessons 15:45-18:15	Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Lane Swim 25m 20:30-22.00
Saturday		Lane Swim (25m) 08:00-09:00	NPLQ (lanes 7&8) 8.00-9.00	Pool closed for Swim Lessons 09:15-12:15	Casual Swim (17m) 12:30 - 14:15		Casual Swim (25m) 14.30-17.00	Halloween Pool Party 18.00-19.00 (see reception to book)		
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 (17m) 15:00 - 17:00	Private Hire HSC		

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 (half term) – Small Pool

Monday 27th October - Sunday 2nd November 2025

Monday		Pool closed for lessons 9.15-12.00		NPLQ 14.00-15.30	Pool closed for Swim Lessons 15.30-18.30	
Tuesday		Pool closed for lessons 9.15-11.30		NPLQ 12.30-14.00	Swim Lessons Only 14.00-15.00	Adult Swim Lessons
Wednesday		Pool closed for lessons 9.15-12.00			Pool closed for Swim Lessons 15.30-18.30	
Thursday		Pool closed for lessons 9.15-12.00	Deep water Aqua Fit 12.15-13.00	NPLQ 13.00-14.00	Swim Lessons Only 14.00-15.00	Castrol Swim (17m) 15.00-15.30
Friday		Pool closed for lessons 9.15-12.00	Aqua Fit 12.15-13.00	Adult Swim Lessons Only 13.00-14.00	NPLQ 14.00-15.30	Pool closed for Swim Lessons 15.30-18.30
Saturday		Pool closed for Swim Lessons 09.15-12.15		Private Swim Lessons 12.15-14.15		
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