

Pool Timetable (holidays) – Main Pool

Monday 17th August - Sunday 23rd August 2026

Monday	Main Pool Closed (see small pool for available times below)					
Tuesday	Main Pool Closed					
Wednesday	Main Pool Closed					
Thursday	Pool Closed					
Friday	Pool Closed		Casual Swim (25m) 13:00-18.15		Evening Swim (25m) 18:30-21.00	
Saturday		Lanes Swim (17m) 08.00-09.15	Casual Swim (25m) 09.15-17.00			
Sunday		Lane Swim (25m) 08:00-09:15	Casual Swim (25m) 09:00-12:30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	Casual Swim (25m) 15.00-17.00	Members only swim (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. 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 (holidays) – Small Pool Monday 17th August - Sunday 23rd August 2026

Monday	6.00-6.30 (17m)	Lane Swim (17m) 06:30-09:15	Casual Swim (17m) 9.15-18.15	Lane Swim (17m) 18:30-21.00
Tuesday	6.00-6.30 (17m)	Lane Swim (17m) 06:30-09:15	Casual Swim (17m) 9.15-18.15	Lane Swim (17m) 18:30-22.00
Wednesday	6.00-6.30 (17m)	Lane Swim (17m) 06:30-09:15	Casual Swim (17m) 9.15-18.15	Lane Swim (17m) 18:30-22.00
Thursday	Pool Closed			
Friday				
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