

Pool Timetable – Main Pool

Monday 6th April - Sunday 12th April 2026

Easter Monday		Casual Swim (25m) 08.00-16.00						
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09.15-12.00	Casual Swim (25m) 12.15-15.45	Family Fun 16.00-17.00	Casual Swim (25m) 17.15-18.15	Private Hire 18:30-20:30	Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00
Wednesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (17m) 09.15-12.00	Casual Swim (25m) 12.15-18.15			Private Hire 18:30-20:30	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 (17m) 09.15-13.00	Casual Swim (25m) 13.15-15.45	Family Fun 16.00-17.00	Casual Swim (25m) 17.15-18.15	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	Casual Swim (17m) 09.15-13.00	Casual Swim (25m) 13.15-18.15			Private Hire 18:30-20:30	Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00
Saturday		Casual Swim (25m) 08.00-17.00					Easter Pool Party 18.00-19.00 & 19.30-20.30 (please book at reception)	
Sunday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 9.15-12.30	Family Fun 12:45- 13:40 / 13:45-14:40 (17m)	Casual Swim (17m) 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 - 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 – Small Pool
Monday 6th April - Sunday 12th April 2026

Easter Monday			
Tuesday	Pool closed for lessons 9.15-12-00		Casual Swim 16.00-17.00
Wednesday	Pool closed for lessons 9.15-12-00		
Thursday	Pool closed for lessons 9.15-12-00	Deep water Aqua Fit 12:15-13:00	Casual Swim 16.00-17.00
Friday	Pool closed for lessons 9.15-12-00	Aqua Fit 12:15-13:00	
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

Our current timetables are subject to operational changes. We may have to change the pool length from 25m down to 17m if needed due to operational challenges but please check our website alerts and homepage banners for any amendments or pool closures ahead of your visit to us.