

### Pool Timetable term time – Main Pool Monday 11th May - Sunday 24th May 2026

|           |                             |                                          |                                                   |                                                   |                                             |                                                   |                                     |
|-----------|-----------------------------|------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------|---------------------------------------------------|-------------------------------------|
| Monday    | 6.00-6.30 (25m)             | Lane Swim (25m) 06:30-09:00              | Casual Swim (25m) 09.00-15.30                     | Aqua Fit 12:15-13:00                              | 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                     | 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      |
|           |                             |                                          | Casual Swim (17m) 12:30-15:30                     | 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 (25m) 09.00-15.30                     |                                                   | Pool closed for Swim Lessons 15:45-18:15    | Private Hire 18:30-20:30                          | Adult Swim lessons 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              | Private hire (lanes 7&8) 9.00-10.00               | Casual Swim (17m) 12.15-15.30                     | Pool closed for Swim Lessons 15:45-18:15    | Private Hire 18:30-20:30                          | Private Hire 20.30-22.00            |
|           |                             |                                          | Casual Swim (25m) 09:00-12.00                     |                                                   |                                             | Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00 |                                     |
| Friday    | 6.00-6.30 (25m)             | Lane Swim (25m) 06:30-09:00              | Casual Swim (25m) 9.00-09.45                      | Adult Swim Lessons 12:00-13.00                    | 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           |
|           |                             |                                          | Casual swim (17m) 10.00-15.30                     | Private Hire 18:30-20:30                          |                                             |                                                   |                                     |
| Saturday  | Lane Swim (25m) 08:00-09:00 | Pool closed for Swim Lessons 09:15-12:15 |                                                   | Casual Swim (17m) 12:30 - 14:15                   | Casual Swim (25m) 14.30-17.00               |                                                   |                                     |
|           |                             |                                          |                                                   |                                                   |                                             |                                                   |                                     |
| 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 (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 (term time) – Small Pool**  
Monday 11th May - Sunday 24th May 2026

|           |                                             |  |                                          |                                          |                                        |                                             |                                             |                                  |
|-----------|---------------------------------------------|--|------------------------------------------|------------------------------------------|----------------------------------------|---------------------------------------------|---------------------------------------------|----------------------------------|
| Monday    |                                             |  |                                          |                                          |                                        | Pool closed for Swim Lessons<br>15:30-18:30 |                                             |                                  |
| Tuesday   | NPLQ 12.30-13.30<br>casual swim             |  |                                          |                                          |                                        | Swim Lessons Only<br>14:00-15:00            | Adult Swim Lessons                          |                                  |
| Wednesday |                                             |  |                                          |                                          |                                        | Pool closed for Swim Lessons<br>15:30-18:30 |                                             |                                  |
| Thursday  | Deep water Aqua Fit<br>12:15-13:00          |  |                                          |                                          |                                        | Casual Swim<br>13:00-13:30                  | Swim Lessons Only<br>13:30-15:00            | Casual Swim (17m)<br>15:00-15:30 |
| Friday    | Paddle and Play session 10.00-11.30         |  | Casual swim<br>11.30-12.15               | Aqua Fit<br>12:15-13:00                  | Adult Swim Lessons Only<br>13:00-15:30 |                                             | Pool closed for Swim Lessons<br>15:30-18:30 |                                  |
| Saturday  | Pool closed for Swim Lessons<br>09:15-12:15 |  |                                          | Private Swim Lessons<br>12:15 - 14:15    |                                        |                                             |                                             |                                  |
| Sunday    | Swim Lessons (Stage 1-3)<br>09:15-10.45     |  | Swim Lessons (Stages 4-6)<br>11:15-12:30 | Family Fun<br>12:45- 13:40 / 13:45-14:30 |                                        | Swim Lessons (stages 1-6)<br>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