



SWIMMING POOL TIMETABLE



	Morning					Afternoon					Evening					
	700	800	900	1000	1100	1200	100	200	300	400	500	600	700	800	900	1000
Monday	Early Swim Lanes 7.00-8.45		Fit Swim & Public Swim 9.00-10.00	50+ 10.00-11.15	Adults Only 11.15-1.00		Swim Play 1.15-1.45 Swim Start 1.45-2.15 Swim Link 2.15-2.45	Public Swim 2.45-3.45			Lessons 4.00-6.00		Adult Lessons 6.15-7.00	Public Swim 7.00-8.00	Fit Swim Public Swim 8.00-8.45	Adults to Music 8.45-9.30
Tuesday	Early Swim 7.00-8.45		Schools 9.00-11.15		Adults Lessons 11.25-11.55	Adults Only 12.00-1.15		Swim Start 1.30-2.00 Swim Play 2.00-2.30	50+ 2.30-3.45		Lessons 4.00-6.00		Public Swim 6.00-7.00	Swimming Club 7.00-10.00		
Wednesday	Early Swim 7.00-9.15		Schools 9.30-10.45		Aqua Natal 11-11.45	Adults Only 12.00-1.00		Schools 1.30-4.00			Lessons 4.00-6.00		Rookie Lifeguard 6.00-7.00	Public Swim 7.00-8.30	Adult Swim 8.30-9.30	
Thursday	Early Swim 7.00-8.45		Schools 9.00-12.00			Adults Only 12.00-1.00	50+ Swim 1.00-2.30		Public Swim 2.30-3.45		Synchro 4.30- 6.30 Lessons 4.00-6.00		Adult Lessons 6.30-7.00	Aquafit 7.00-8.00	Ladies Only 8.00-9.30	
Friday	Early Swim 7.00-8.45		Fit Swim & Public Swim 9.00-9.45	Schools 10.00-12.00		Adults Only 12-12.45	Schools 1.00-3.00			Public Swim 3.15-4.45			Swimming Club 5.00-10.00			
Saturday		Public Swim 7.30-11.00			Fun Swim 11-11.45	Pool Parties 11.45-1.15	Swim Link 1.15- 1.45	Lessons 1.15-3.15	Activity Swim 3.15- 4.00							
Sunday		Public Swim 7.30-11.00			Pool Parties (Private Hire Sessions) 11.00-2.00			Swimming Club 2.00-5.00								

Please Note: Prices and times are subject to change and may occur at short notice. The timetable is also subject to change during school and bank holidays. If in doubt please contact the centre. Last admission to the pool is 30 mins before the stated closing time. Children under 9 years of age who cannot swim 25 metres competently without swim aids must be accompanied in the water by an adult (1 adult per 2 children)

Public Sessions

