



# Swimming Pool Timetable

## Learner Pool

### Monday

0900-1000 Intensive Lessons  
1000-1100 Family Swim  
1100-1900 Public Swim\*

### Tuesday

0900-1000 Intensive Lessons  
1000-1300 Public Swim  
1300-1500 Floats and Fun  
1500-1900 Public Swim

### Wednesday

0900-1000 Intensive Lessons  
1000-1100 Family Swim  
1100-1900 Public Swim\*

### Thursday

0900-1000 Intensive Lessons  
1000-1300 Public Swim  
1300-1500 Floats and Fun  
1500-1900 Public Swim

### Friday

0900-1000 Intensive Lessons  
1000-1100 Family Swim  
1100-1900 Public Swim\*

### Saturday

0900-1200 Public Swim  
**1200-1400 Saturday Family Swim**  
1415-1615 Private Hire

### Sunday

0930-1100 Public Swim  
1100-1300 Floats and Fun  
1300-1445 Public Swim

### Saturday Family Swim:

Free session for children aged 16 and under and £1 for any accompanying adults.

**Please check in house or on the website for pool closures.**

## Main Pool

### Monday

0700-0955 Public/Lane Swim  
1000-1100 Dragon Swim  
Intensive Lessons  
1100-1200 Public Swim  
1200-1300 Adults Only  
1300-1700 Public Swim\*  
1815-1900 Public Swim  
(Half Pool)

### Tuesday

0700-0855 Lane Swim  
0900-1000 Aqua Aerobics  
1000-1100 Dragon Swim  
Intensive Lessons  
1100-1200 Public Swim  
1200-1300 Adults Only  
1300-1500 Floats and Fun  
1500-1700 Public Swim  
1715-1815 Public / Lane Swim  
1815-1915 Adult Improvers  
Coaching  
1915-2100 Lane Swim  
(2 lanes at 2000)  
2100-2155 Public Swim

### Wednesday

0700-0955 Public/Lane Swim  
1000-1100 Dragon Swim  
Intensive Lessons  
1100-1200 Public Swim  
1200-1300 Adults Only  
1300-1530 Public Swim\*  
1700-1800 Public Swim  
(Half Pool)  
1800-1900 Lane Swim (2 Lanes)  
1900-2000 Lane Swim  
2000-2155 Public Swim

### Thursday

0630-0730 Swim Coaching  
0730-0855 Lane Swim  
0900-1000 Aqua Aerobics  
1000-1100 Intensive Lessons  
1100-1200 Public Swim  
1200-1300 Adults Only  
1300-1500 Floats and Fun  
1500-1700 Public Swim  
1810-1930 Public Swim  
(Half Pool)  
1930-2015 Public Swim  
2015-2100 Ladies Only  
2100-2155 Lane Swim

### Friday

0700-0955 Public/Lane Swim  
1000-1100 Intensive Lessons  
1100-1200 Public Swim  
1200-1300 Adults Only  
1300-1700 Public Swim\*  
1715-1800 Lane Swim  
2100-2155 Lane Swim (2 Lanes)

### Saturday

0830-1100 Lane Swim  
1100-1400 Public Swim\*  
1415-1615 Private Hire

### Sunday

0915-1100 Lane Swim (2 Lanes)  
1100-1300 Floats and Fun  
1300-1445 Public Swim

**\*FREE Swimming Provision**  
Monday, Wednesday and  
Friday, 1300-1500 for  
children aged 16 and under