



Monday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
0900-1000 Adult Swimming
1000-1100 Public Swimming
1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool)
1200-1400 Splashtime
1500-1700 Public Swimming
1915-2000 Public Swimming
2000-2100 Lane Swimming

Tuesday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
0900-1000 Aqua Fit
0900-1000 Adult & Child Swim (Learner Pool)
1030-1130 Fun Inflatable Session
1300-1645 Public Swimming
1900-2000 Adult Swimming Lessons for Improvers
2000-2100 Adult Swim Fit

Wednesday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
0900-1000 Adult Swimming
1000-1100 Public Swimming
1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool)
1200-1300 Public Swimming
1300-1500 Splashtime
1500-1800 Public Swimming
1800-2000 Lane Swimming

Free swimming for children
Monday, Wednesday & Friday 1500-1700

Free swimming for children every Saturday
& £1.00 per adult accompanying a child.
Please note this session allows entry
outside normal admission policy.

Competency test required.

Thursday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
0900-1000 Adult Swimming
1000-1200 Public Swimming
1200-1300 Aqua Fit
1200-1300 Adult & Child Swim (Learner Pool)
1330-1430 Fun Inflatable Session
1500-1645 Public Swimming
1900-2000 Adult Swimming Lessons for Beginners

Friday

0700-0900 Lane Swimming
0700-0900 Adult & Child Swim (Learner Pool)
0900-1000 Adult Swimming
1000-1100 Public Swimming
1100-1200 Dragon Swim
1100-1200 Adult & Child Swim (Learner Pool)
1215-1315 Crazy Croc Session (Learner Pool)
1330-1700 Public Swimming
1700-1845 Lane Swimming
1700-1845 Adult & Child Swim (Learner Pool)

Saturday

0815-1000 Lane Swimming
0815-1000 Adult & Child Swim (Learner Pool)
1000-1100 1:1 Lesson Slot /
Badge Achievement Session
1100-1230 Public Swimming
1245-1345 Family Swim (Learner pool &
shallow end of main pool only)
1400-1500 Family Swim (Learner pool &
shallow end of main pool only)
1515-1645 Private Hire

Sunday

0830-1000 Lane Swimming
0830-1000 Adult & Child Swim (Learner Pool)
1000-1100 Adult Swimming
1100-1200 Splashtime
1200-1330 Public Swimming
1345-1445 Private Hire

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

