



Main Pool Timetable

04.11.19 – 22.12.19 Version 1

Monday

0600 – 0700	Lane Swimming
0700 – 0755	Public & Lane Swimming
0800 – 0900	Aqua Aerobics
1200 – 1300	Public & Lane Swimming
1805 – 1900	Lane Swimming (Half pool)
1900 – 2000	Public Swimming 1

Tuesday

0700 – 0840	Lane Swimming
0845 – 0945	Aqua Aerobics
1200 – 1300	Public & Lane Swimming
1715 – 1810	Public & Lane Swimming
1815 – 1900	Adult Improvers/Coaching
1905 – 1955	Aqua Aerobics

Wednesday

0600 – 0755	Lane Swimming
0800 – 0855	Public Swimming
1215 – 1315	Public & Lane Swimming
1700 – 1755	Lane Swimming (2 Lanes)
1800 – 1855	Public Swimming (Half Pool)

Thursday

0630 – 0730	Swimming Coaching
0730 – 0800	Public & Lane Swimming
0805 – 0905	Aqua Aerobics
1200 – 1300	Lane Swimming
1810 – 1930	Public Swimming (Half pool)
1915 – 2015	Public & Lane Swimming
2015 – 2100	Ladies Only

Friday

0600 – 0700	Lane Swimming
0700 – 0825	Public & Lane Swimming
0830 – 0930	Aqua Aerobics
1200 – 1300	Lane Swimming
1300 – 1400	Public Swimming
1500 – 1645	SPLASH TIME
1700 – 1800	Lane Swimming

Saturday

0700 – 0815	Lane Swimming
1010 – 1230	Public Swimming*
1245 – 1445	Private Hire

Sunday

0915 – 1010	Lane Swimming (2 Lanes)
1015 – 1115	Junior Swim Fit
1115 – 1255	SPLASH TIME
1300 – 1430	Public Swimming

New Opening Times

1 This session will not be available on Monday 04/11/19 & 09/12/19.



Admission policy applies to all sessions.

SPLASH TIME: Party in the pool!! Fun filled session; floats, stepping stones, balls, beach inflatables, music and more.

Public Swimming* - This session is free for all children aged 16 and under.

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