

Swimming Pool Timetable

Please note times may vary for School holiday periods and Bank Holidays

	8.00am - 9.30am	9.30am - 10.15am	10.15am - 11.00am	12.30pm - 2.00pm	5.45pm - 7.15pm	7.15pm - 8.00pm	8.00pm - 10.00pm
MONDAY	PUBLIC SESSION Adult Only Lane Swimming	MORNING LESSONS Beginners, Improvers & Lanes	PARENT & TODDLER MORNING LESSONS: Beginner Lanes	PUBLIC SESSION (3-6 Lanes)	PUBLIC SESSION (3-6 lanes)	AQUAFIT ADULT LESSONS COURSE	Public Session (Kiddies Pool Closed)
TUESDAY	PUBLIC SESSION Adult Only Lane Swimming	LESSONS & TRAINING No Public Swimming	LESSONS & TRAINING No Public Swimming	PUBLIC SESSION (3-6 lanes)	PUBLIC SESSION (3-6 lanes)	ADULT LESSONS COURSE	Public Session (Kiddies Pool Closed)
WEDNESDAY	PUBLIC SESSION Adult Only Lane Swimming	LESSONS & TRAINING No Public Swimming	AQUAFIT MORNING LESSONS: Advanced	PUBLIC SESSION (3-6 lanes)	PUBLIC SESSION (3-6 lanes)	AQUAFIT ADULT LESSONS COURSE	Public Session (Kiddies Pool Closed)
THURSDAY	PUBLIC SESSION Adult Only Lane Swimming	LESSONS & TRAINING No Public Swimming	PARENT & TODDLER AQUAFIT MORNING LESSONS: Beginner & Advanced	PUBLIC SESSION (3-6 lanes)	PUBLIC SESSION (3-6 lanes)	ADULT LESSONS COURSE	Public Session (Kiddies Pool Closed)
FRIDAY	PUBLIC SESSION Adult Only Lane Swimming	LESSONS & TRAINING No Public Swimming		PUBLIC SESSION (3-6 lanes)	PUBLIC SESSION (3-6 lanes)		Public Session (Kiddies Pool Closed)
SATURDAY	PUBLIC SESSION Adult Only Lane Swimming	LESSONS & TRAINING No Public Swimming	LESSONS & TRAINING No Public Swimming	2.15pm-5.00pm SUPER SESSION No Lanes Available / All Pools Open		LESSONS & TRAINING No Public Swimming	LESSONS & TRAINING No Public Swimming
SUNDAY	PUBLIC SESSION Adult Only Lane Swimming	LESSONS & TRAINING No Public Swimming	11.00am-6.00pm PUBLIC SESSION Super Session from 12.00pm (2 lanes available until 1pm/ All Pools Open)			LESSONS & TRAINING No Public Swimming	LESSONS & TRAINING No Public Swimming

PUBLIC SESSION	Pools open to the public for swimming. Lanes available as stated above.
AQUAFIT	Aerobics class which takes place in the water, swimmers and non swimmers welcome. Classes are pay as you go.
MORNING LESSONS	Swimming lessons for adults, please note the different levels for each class.
PARENT & TODDLER	Come along and introduce your toddler to the water. Not an actual taught class.
ADULT LESSONS	Adult Lessons course, please ask reception for details.
LESSONS & TRAINING	Pools closed to public