

Pool Timetable

Public sessions

Key: **A** Adults Only

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Lane Swimming			Lane Swimming			Lane Swimming			Lane Swimming			Lane Swimming			Lane Swimming			Lane Swimming		
Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes		Main Pool	Lanes	
06:30 - 08:00	A 6		06:30 - 08:00	A 6		06:30 - 08:00	A 6		06:30 - 08:00	A 6		06:30 - 08:00	A 6		07:00 - 08:00	6		08:00 - 08:30	A 6	
08:00 - 09:00	6		08:00 - 09:00	6		08:00 - 09:00	6		08:00 - 09:00	6		08:00 - 09:00	6		08:00 - 09:00	2		08:30 - 10:00	4	
09:00 - 16:00	2		09:00 - 16:00	2		09:00 - 19:30	2		09:00 - 16:00	2		09:00 - 13:30	2		09:00 - 12:00	1		10:00 - 12:00	2	
16:00 - 21:00	1		16:00 - 18:30	1		19:30 - 21:00	1		16:00 - 19:00	2		15:30 - 16:00	4		12:00 - 12:30	4		12:00 - 13:00	3	
21:00 - 22:00	A 6		18:30 - 20:30	2		21:00 - 22:00	A 6		19:00 - 20:30	1		16:00 - 19:15	1		12:30 - 14:00	2		16:00 - 18:00	A 2	
			20:30 - 21:00	4					20:30 - 22:00	A 6		19:15 - 20:15	2		14:00 - 16:00	3				
			21:00 - 22:00	A 6								20:15 - 21:00	4		17:30 - 19:00	2				
												21:00 - 22:00	A 6							
Public Swimming			Public Swimming			Public Swimming			Public Swimming			Public Swimming			Public Swimming			Public Swimming		
Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool	Main Pool	Lanes	Teaching Pool
09:00 - 21:00	2	09:45 - 10:15 15:00 - 16:00	09:00 - 21:00	2	15:00 - 16:00	09:00 - 21:00	2	15:00 - 16:00	09:00 - 20:30	2	14:30 - 16:00	09:00 - 13:30	2	19:00 - 20:00	09:00 - 14:00	2		08:30 - 12:00	2	10:00 - 13:00
												15:30 - 21:00	2		14:00 - 16:00	3	15:30 - 17:00	12:00 - 13:00	3	
															16:00 - 17:00	2				
Aqua Aerobics			Aqua Aerobics			Aqua Aerobics			Aqua Aerobics			Aqua Aerobics			Party Hire			Party Hire		
Teaching Pool			Teaching Pool			Teaching Pool			Teaching Pool			Teaching Pool			Teaching Pool			Main Pool		
10:15 - 11:00			11:00 - 11:45			13:15 - 14:00 (Deep Aqua)			11:45 - 12:30			12:00 - 12:45			14:00 - 15:00			13:00 - 14:00		
19:30 - 20:15			11:45 - 12:30			19:15 - 20:00			12:30 - 13:15						17:00 - 19:00			16:00 - 17:00		
20:15 - 21:00 (Deep Aqua)			19:15 - 20:00						19:00 - 19:45									17:30 - 18:30		
									19:45 - 20:30 (Deep Aqua)											
Therapy Swim						Therapy Swim						Therapy swim						Inflatable Session		
Teaching Pool						Teaching Pool						Teaching Pool						Main Pool		
08:00 - 09:00						08:00 - 09:00						08:00 - 09:00						14:00 - 15:45		
															Fun Float Session			Fun Float Session		
															Main Pool			Teaching Pool		
															17:00 - 19:00			14:00 - 15:45		

Swimming lessons

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool	Main Pool	Teaching Pool
16:00 - 19:30	12:00 - 14:00 16:00 - 19:30	16:00 - 19:00	12:30 - 13:30 16:00 - 19:00	16:00 - 19:30	10:00 - 13:00 16:00 - 19:00	11:30 - 12:00 16:00 - 19:00	09:30 - 11:30 16:00 - 19:00	16:00 - 19:15	16:00 - 19:00	09:00 - 12:00 12:30 - 14:00 16:00 - 17:30	08:00 - 14:00	10:00 - 12:00	08:30 - 10:00

Swimming clubs + schools

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Main Pool		Main Pool		Main Pool		Main Pool		Main Pool		Main Pool		Main Pool	
Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 16:00	Schools/Clubs	09:00 - 13:30	Swimming Club	08:00 - 09:00	Schools/Clubs	08:30 - 10:00
Swimming Club	19:30 - 21:00	Schools/Clubs	18:30 - 20:30	Schools/Clubs	15:30 - 19:30	Schools/Clubs	15:30 - 17:30	Swimming Club	19:15 - 20:15	Schools/Clubs	14:00 - 16:00	Swimming Club	16:00 - 20:30
Teaching Pool		Teaching Pool		Teaching Pool		Teaching Pool		Teaching Pool		Teaching Pool			
Schools/Clubs	09:00 - 09:45	Schools/Clubs	08:00 - 11:00			Schools/Clubs	09:00 - 10:00	Schools/Clubs	09:00 - 12:00				
Schools/Clubs	11:00 - 12:00	Schools/Clubs	13:30 - 15:00			Schools/Clubs	14:00 - 15:00	Schools/Clubs	12:45 - 13:45				
Schools/Clubs	14:00 - 15:00												

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