

MAIN POOL

Monday

7.30 - 9.00 Length Swim
9.00 - 12.00 Schools
12.00 - 13.30 Length Swim
13.30 - 15.00 Schools
15.00 - 16.00 Staff Training
16.00 - 17.00 Public Swim
17.00 - 18.00 Length Swim
18.00 - 19.00 Adult Lessons
19.15 - 20.00 Deep Water Aquafit
20.00 - 21.30 Length Swim

Tuesday

7.30 - 9.00 Length Swim
9.00 - 12.00 Schools
12.00 - 13.00 Length Swim
13.00 - 16.00 Schools
16.00 - 19.00 Junior Lessons
19.00 - 21.00 Club Swim
21.00 - 22.00 Length Swim

Wednesday

7.30 - 9.00 Length Swim
9.00 - 12.00 Schools
12.00 - 13.00 Length Swim
12.00 - 12.45 AquaZumba
13.00 - 16.00 Schools
16.00 - 17.00 Public Swim
17.00 - 19.00 Club Swim/Swim & Slide
19.15 - 20.00 AquaZumba
19.00 - 20.30 Length Swim
20.30 - 21.30 Club Swim

Thursday

7.30 - 9.00 Length Swim
9.00 - 9.45 Aqua Zumba
10.00 - 11.00 Relax Swim
11.15 - 12.00 Aquafit/Adult Public Swim
12.00 - 13.30 Length Swim
13.30 - 14.15 Aquamed
15.00 - 16.00 Public Swim
16.00 - 18.00 Club Swim/Swim & Slide
18.00 - 19.00 Club Swim/Triathlon
19.00 - 19.45 Aquafit
20.00 - 21.30 Length Swim

Friday

7.30 - 9.00 Length Swim
9.00 - 12.00 Schools
12.00 - 13.15 Length Swim
12.00 - 12.45 AquaZumba
13.30 - 15.15 Schools
15.15 - 16.00 Public Swim
16.00 - 19.30 Junior Lessons
19.30 - 21.00 Swim, Dive & Slide

Saturday

8.00 - 9.00 Club Swim
9.00 - 11.00 Length Swim
11.00 - 13.00 Swim, Dive & Slide
13.00 - 15.00 Adventure Inflatable
15.00 - 16.30 Public Swim/ WoW

Sunday

8.00 - 9.00 Club Swim
9.00 - 10.30 Length Swim

Sunday continued...

10.30 - 12.30 Swim, Dive & Slide
12.45 - 14.45 Grab & Splash
15.00 - 16.00 Pool Parties

SMALL POOL

Monday

9.00 - 12.00 Schools
12.00 - 13.30 Aquababes
13.30 - 15.00 Schools
16.00 - 17.00 Public Swim
17.00 - 18.00 Closed
18.00 - 19.00 Grab & Splash

Tuesday

9.00 - 12.00 Schools
12.00 - 13.00 Aquababes
13.00 - 15.00 Schools
16.00 - 19.00 Junior Lessons

Wednesday

9.00 - 12.00 Schools
12.00 - 13.00 Aquababes
13.00 - 15.00 Schools
16.00 - 17.00 Public Swim
17.00 - 19.00 Swim, Splash & Slide

Thursday

9.00 - 10.00 Aquababes
10.00 - 12.00 Duckling Lessons

Thursday continued...

12.00 - 13.30 Aquababes
13.30 - 14.15 Warm Water Adults
14.15 - 16.00 Public Swim
16.00 - 18.00 Swim, Splash & Slide
18.00 - 19.00 Public Swim

Friday

9.00 - 12.00 Schools
12.00 - 13.15 Aquababes
13.15 - 16.00 Schools
16.00 - 19.30 Junior Lessons
19.30 - 21.00 Swim, Splash & Slide

Saturday

8.30 - 11.00 Junior Lessons
11.00 - 13.00 Swim, Splash & Slide
13.00 - 15.00 Adventure Inflatable
15.00 - 16.30 Public Swim

Sunday

9.00 - 10.30 Aquababes
10.30 - 12.30 Swim, Splash & Slide
12.45 - 14.45 Grab & Splash
15.00 - 16.00 Pool Parties

Swimming is a low-impact type of exercise that most people can do safely, provided basic precautions are taken. Adults should get a minimum of 30 minutes of aerobic activity each day, and swimming regularly is one way to meet this