

MAIN POOL

Monday

6.30 - 7.30 Club Swim
7.30 - 9.00 Length Swim
9.00 - 12.00 Adult Lessons/H/C Lane
12.00 - 14.00 Length Swim
14.00 - 16.00 U3A swim/H/C Lane
16.00 - 18.00 Club Swim/H/C Lane
19.00 - 20.00 Club Swim/H/C Lane
20.00 - 21.00 Club Swim
21.00 - 22.00 Club Swim/H/C Lane

Tuesday

6.30 - 7.30 Club Swim
6.30 - 9.15 Length Swim
9.30 - 12.00 Ad Public Swim/H/C Lane
12.00 - 12.45 Aqua Fit
12.45 - 13.30 Aqua Natal
13.30 - 15.00 Schools Swim
15.00 - 16.00 Public Swim
16.00 - 18.00 Club Swim/H/C Lane
18.00 - 20.30 Club Swim
20.30 - 22.00 Club Swim

Wednesday

6.30 - 7.30 Club Swim
7.30 - 9.15 Length Swim
9.30 - 10.30 Schools Swim
10.30 - 11.15 Aqua Med
11.15 - 12.00 Aqua Med
12.00 - 13.30 Length Swim
13.30 - 14.15 Aqua Fit
14.45 - 15.45 Adult Disabled Lessons
16.00 - 17.00 Junior Swim Lessons
17.00 - 20.30 Club Swim
20.30 - 21.30 Club Swim/H/C Lane
21.30 - 22.30 Length Swim

Thursday

6.30 - 7.30 Club Swim
6.30 - 9.00 Length Swim
9.00 - 10.00 School Swim
10.00 - 10.45 Aqua Fit - half pool
10.45 - 12.30 Adult Programme
12.30 - 13.30 Length Swim
13.30 - 14.15 Aqua Fit Deep
14.30 - 16.00 Public Swim
16.00 - 17.00 Junior Lessons
17.00 - 18.00 Tigersharks/Club Swim

18.00 - 19.30 Club Swim
19.30 - 21.30 Club Swim/H/C Swim
21.30 - 22.30 Length Swim

Friday

6.30 - 7.30 Club Swim
7.30 - 9.00 Length Swim
9.00 - 12.00 School Swim
12.00 - 13.30 Length Swim
13.30 - 14.15 Short Length Swim
14.15 - 15.00 Aqua Fit
15.00 - 16.00 Public Swim
16.00 - 18.00 Club Swim/H/C Lane
18.00 - 19.00 Club Swim
19.00 - 20.00 Family Fun Swim
20.00 - 21.00 Length Swim

Saturday

7.00 - 8.30 Club Swim
8.45 - 9.30 Adult Lessons
9.30 - 13.15 Junior Lessons
13.15 - 14.15 Tigersharks/ Club Swim
14.15 - 15.15 Junior Lessons
15.15 - 16.00 Junior Lessons
16.00 - 18.00 Junior Disabled Lessons

Saturday Cont...

18.00 - 19.30 Family Fun Swim
19.30 - 21.00 Length Swim

Sunday

7.45 - 8.45 Length Swim
8.45 - 10.30 Club Swim
10.30 - 12.00 Club Swim/H/C Lane
12.00 - 13.30 Club Swim/H/C Lane
13.30 - 15.30 Courses
15.30 - 16.15 Aqua Fit
16.15 - 17.00 Length Swim
17.00 - 18.00 Club Swim
18.00 - 19.00 Club Swim/H/C Lane
19.15 - 20.30 Public Swim

SMALL POOL

Monday

9.00 - 10.00 Aqua Babies
10.00 - 11.00 Health Club
14.00 - 16.00 Aqua Babies

Tuesday

9.30 - 11.30 Junior Lessons
11.30 - 12.30 Aqua Babies
13.30 - 15.00 Junior Lessons
15.00 - 16.00 Public Swim

Wednesday

9.30 - 10.30 Schools Swim
10.30 - 12.00 Health Club
13.30 - 14.30 Health Club

Thursday

9.00 - 10.00 Schools Swim
10.00 - 10.45 Deep Aqua Fit
10.45 - 11.30 Health Club
11.30 - 12.30 Junior Lessons
13.30 - 14.30 Health Club
14.30 - 16.00 Public Swim

Friday

9.00 - 12.00 School Swim
13.30 - 14.15 Junior Lessons
14.15 - 15.00 Health Club
15.00 - 16.00 Public Swim
19.00 - 20.00 Family Fun Swim

Saturday

18.00 - 19.30 Family Fun Swim

Sunday

15.30 - 16.15 Health club
19.15 - 20.30 Family Fun Swim

Key

H/C - Health Club Members Only
Masters - Swim Training Scheme
Ad - Adult
Club Swims - include Syncro, Waterpolo
and Competitive Swimming Clubs

Pool change overs are included
within the timetable at the beginning
of each session. This usually takes a
few mins but on occasions may
take longer

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