

Swimming Pool Timetable

Monday 4th September - Sunday 22nd October

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TIME |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--|-----------------------------------|-----------------------------------|-------|
| 06:00 | | | | | | | | 06:00 |
| 07:00 | | | | | | | | 07:00 |
| 08:00 | 07.00 - 09.00 Lane Swimming | 07.00 - 09.00 Lane Swimming | 07.00 - 09.00 Lane Swimming | 07.00 - 09.00 Lane Swimming | 06.30 - 09.00 Lane Swimming | 07.00 - 09.00 Lane Swimming | 07.00 - 09.00 Lane Swimming | 08:00 |
| 09:00 | 09.00 - 11.00 General Swimming | 09.00 - 11.00 General Swimming | 09.00 - 12.00 General Swimming | 09.00 - 12.00 General Swimming | 09.00 - 11.00 General Swimming | 09.00 - 10.45 General Swimming | 09.00 - 10.45 General Swimming | 09:00 |
| 10:00 | | | | | | | | 10:00 |
| 11:00 | | | | | | 10.45 - 11.45 Family Fun Swim | 10.45 - 11.45 Family Fun Swim | 11:00 |
| 12:00 | | | | | | | | 12:00 |
| 13:00 | 13.00 - 14.00 Adult Only Swim | 12.30 - 13.30 Adult Only Swim | 13.00 - 14.00 Adult Only Swim | 12.15 - 13.15 AquaFit | 12.30 - 13.30 Adult Only Swim | | | 13:00 |
| 14:00 | | | | | | 14.00 - 15.00 Family Fun Swim | 14.00 - 15.00 Family Fun Swim | 14:00 |
| 15:00 | | | | | | | | 15:00 |
| 16:00 | | | | | | 15.00 - 16.30 General Swimming | 15.00 - 17.30 General Swimming | 16:00 |
| 17:00 | | | | 15.30 - 18.30 Swim School | | | | 17:00 |
| 18:00 | 16.00 - 20.30 General Swimming | | | | | | | 18:00 |
| 19:00 | | 18.30 - 20.30 General Swimming | 18.30 - 20.30 General Swimming | 18.30 - 20.30 General Swimming | 18.30 - 20.00 General Swimming (Shared use) | | | 19:00 |
| 20:00 | | | | | | | | 20:00 |
| 21:00 | 20.30 - 21.30 Adult Only Swim | 20.30 - 21.30 Adult Only Swim | 20.30 - 21.30 Adult Only Swim | 20.30 - 21.30 Adult Only Swim | 20.00 - 21.00 Adult Only Swim | | | 21:00 |
| 22:00 | | | | | | | | 22:00 |

Lane Swimming: A structured lane based session for confident swimmers able to swim continuously in a lane. Fin, snorkel and paddle friendly.

General Swimming: A swimming session with half of the pool laned for those looking to complete a few lengths and half of the pool open for those looking for a more relaxed swim. Everyone welcome.

General Swimming (Shared Use): A general swimming session with shared use. 2 lanes of the pool will be used by our Swim Club and staff training.

Family Fun Swim: A sessions for everyone, mats and floats provided or bring along your own fun toys. No lanes are available during these sessions

Adult Only Swim: Sessions for 18's+. A swimming session with half of the pool laned for those looking to complete a few lengths and half of the pool open for those looking for a more relaxed swim.

AquaFit: A fun, low impact water-based class to improve overall fitness. Suitable for all abilities