

# Swimming Pool Timetable

Monday 29th May - Sunday 4th June

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:00								06:00
07:00					06.30 - 09.00 Lane Swimming			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		07.00 - 09.00 Lane Swimming	07.00 - 09.00 Lane Swimming	08:00
09:00	09.00 - 10.45 General Swimming		09.00 - 10.45 General Swimming		09.00 - 10.45 General Swimming	09.00 - 10.45 General Swimming	09.00 - 10.45 General Swimming	09:00
10:00		09.00 - 12.15 General Swimming		09.00 - 12.00 General Swimming				10:00
11:00	10.45 - 11.45 Family Fun Swim		10.45 - 11.45 Family Fun Swim		10.45 - 11.45 Family Fun Swim	10.45 - 11.45 Family Fun Swim	10.45 - 11.45 Family Fun Swim	11:00
12:00	11.45 - 13.00 Adult Only Swim		11.45 - 13.00 Adult Only Swim		11.45 - 13.00 Adult Only Swim			12:00
13:00				12.15 - 13.15 AquaFit				13:00
14:00								14:00
15:00	14.30 - 15.30 Family Fun Swim	14.30 - 15.30 Family Fun Swim	14.30 - 15.30 Family Fun Swim		14.30 - 16.30 General Swimming	14.00 - 15.00 Family Fun Swim	14.00 - 15.00 Family Fun Swim	15:00
16:00				15.30 - 18.30 Swim School		15.00 - 17.30 General Swimming	15.00 - 17.30 General Swimming	16:00
17:00								17:00
18:00	15.30 - 20.30 General Swimming	15.30 - 20.30 General Swimming	15.30 - 20.30 General Swimming					18:00
19:00				18.30 - 20.30 General Swimming	18.30 - 20.00 General Swimming (Shared use)			19:00
20:00					20.00 - 21.00 Adult Only Swim			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				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



## Bank Holiday Opening Hours

Our Centre will be opened from 7am to 6pm on Monday 29th May. Kindly note, the pool will close 30 minutes before the time detailed above.