

Monday					Tuesday				
	Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	
06:30	Lane Swim				06:30	Lane Swim			
07:00					07:00				
07:30					07:30				
08:00					08:00				
08:30					08:30				
09:00					09:00	Aqua class 09:15-10:00			
09:30	Aqua class 9:45-10:30				09:30				
10:00					10:00				
10:30					10:30				
11:00					11:00				
11:30					11:30				
12:00	Aqua class 12:00-12:45				12:00				
12:30					12:30				
13:00					13:00				
13:30					13:30				
14:00					14:00				
14:30			Family swim 14:30-17:30		14:30			Family swim 14:30-17:30	
15:00					15:00				
15:30					15:30	Swim lessons 15:30-18:00			
16:00	Swim lessons 16:00-18:30				16:00				
16:30				16:30					
17:00				17:00					
17:30				17:30					
18:00				18:00					
18:30	Aqua class 18:30-19:15				18:30				
19:00					19:00	Aqua class 19:15-20:00			
19:30				19:30					
20:00					20:00				
20:30					20:30				
21:00					21:00				
21:30	Closed				21:30	Closed			

People who may benefit from aquacise include pregnant women, elderly people, and children. Whether you're looking to lose weight, tone muscles or increase endurance, aquacise is a great way to achieve your goals.

Swimmers swim up one side of the lane and down the other – swimming in very low water. Each lane has a board telling you which side to swim up and which side to swim down.

Swimming lessons are the process of learning to swim. We provide lessons for both adults and children.

Visiting the pool is a great family activity, and the Nuffield Health makes sure family time is a priority. We reserve "Family Swim" time in our pools every day so that individuals and families can enjoy the pool together. Our ratio is 1 adult (member only) to 2 children (regardless of their age).

Pool set up is subject to change

	Wednesday					Thursday				
Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3	
	06:30	Lane Swim				06:30	Lane Swim			
	07:00					07:00				
	07:30					07:30				
	08:00					08:00				
	08:30					08:30				
	09:00					09:00				
	09:30					09:30	Aqua class 09:45-10:30			
	10:00					10:00				
	10:30	Aqua class 10:30-11:15				10:30				
	11:00					11:00				
	11:30					11:30				
	12:00					12:00				
	12:30					12:30				
	13:00					13:00				
	13:30					13:30				
	14:00					14:00				
	14:30			Family swim 14:30-17:30		14:30			Family swim 14:30-17:30	
	15:00					15:00				
	15:30					15:30	Swim lessons 15:30-18:00			
	16:00	Swim lessons 16:00-19:00				16:00				
	16:30					16:30				
	17:00					17:00				
	17:30					17:30				
	18:00					18:00				
	18:30						18:30	Aqua class 18:30-19:15		
	19:00	Aqua class 19:00-19:45				19:00				
	19:30					19:30				
	20:00					20:00				
	20:30					20:30				
	21:00					21:00				
	21:30	Closed				21:30	Closed			

and patients recovering from injury  
 exercise will do you good

long ovals rather than up and down the same line  
 own

h children and adults in different levels

lies can enjoy swimming together.  
 lies can enjoy time to play, splash and swim laps together.

	Friday					Saturday			
Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3
	06:30	Lane Swim				06:30	Closed		
	07:00					07:00			
	07:30					07:30			
	08:00					08:00	Lane Swim		
	08:30					08:30			
	09:00					09:00			
	09:30					09:30	Aqua class 09:45-10:30 and 10:45-11:30		
	10:00	Aqua class 10:15-11:00				10:00			
	10:30					10:30			
	11:00					11:00			
	11:30					11:30			
	12:00					12:00			
	12:30					12:30			
	13:00					13:00			
	13:30					13:30			
	14:00					14:00			
	14:30	Swim lessons 14:30-18:00		Family swim 14:30-17:30		14:30	Family swim 14:30-17:30		
	15:00					15:00			
	15:30					15:30			
	16:00					16:00			
	16:30					16:30			
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	17:30					17:30			
	18:00					18:00			
	18:30					18:30			
	19:00					19:00			
	19:30					19:30	Closed		
	20:00					20:00			
	20:30					20:30			
	21:00					21:00			
	21:30	Closed				21:30			

	Sunday					BH Monday			
Lane 4		Lane 1	Lane 2	Lane 3	Lane 4		Lane 1	Lane 2	Lane 3
	06:30	Closed				06:30	Closed		
	07:00					07:00			
	07:30					07:30			
	08:00	Lane Swim				08:00	Lane Swim		
	08:30					08:30			
	09:00				Swim lessons 9:00-11:30	09:00			
	09:30					09:30			
	10:00					10:00			
	10:30					10:30			
	11:00					11:00			
	11:30	Aqua class 11:15-12:00				11:30			
	12:00					12:00	Aqua class 12:00-12:45		
	12:30					12:30			
	13:00					13:00			
	13:30					13:30			
	14:00					14:00			
	14:30	Family swim 14:30-17:30				14:30	Family Swim 14:30-17:30		
	15:00					15:00			
	15:30					15:30			
	16:00					16:00			
	16:30					16:30			
	17:00					17:00			
	17:30					17:30			
	18:00					18:00			
	18:30					18:30			
	19:00					19:00			
	19:30	Closed				19:30	Closed		
	20:00					20:00			
	20:30					20:30			
	21:00					21:00			
	21:30					21:30			

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