

Swimming Pool Timetable

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3		Lane 1	Lane 2	Lane 3
06:30	Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Closed			Closed					
07:00	Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Closed			Closed					
07:30	Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Closed			Closed					
08:00	Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim					
08:30	Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim					
09:00	Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Lane Swim			Water Babies 8:15 - 10:45			Water Babies 8:15 - 10:45					
09:30	Lane Swim			Water Babies 9:00 - 11:00			Lane Swim			Aqua 9:30-10:15			Aqua 9:30-10:15			Aqua 9:30-10:15			Water Babies 8:15 - 10:45			Water Babies 8:15 - 10:45					
10:00	Lane Swim			Water Babies 9:00 - 11:00			Lane Swim			Aqua 9:30-10:15			Aqua 9:30-10:15			Aqua 9:30-10:15			Water Babies 8:15 - 10:45			Water Babies 8:15 - 10:45					
10:30	Aqua 10:40-11:25			Water Babies 9:00 - 11:00			Aqua 10:40-11:25			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
11:00	Aqua 10:40-11:25			Water Babies 9:00 - 11:00			Aqua 10:40-11:25			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
11:30	Lane Swim			Aqua 11:30-12:15			Lane Swim			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
12:00	Lane Swim			Aqua 11:30-12:15			Lane Swim			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
12:30	Aqua- 12:30-13:15			Aqua 12:45-13:30			Aqua- 12:30-13:15			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
13:00	Aqua- 12:30-13:15			Aqua 12:45-13:30			Aqua- 12:30-13:15			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
13:30	Lane Swim			Aqua 12:45-13:30			Lane Swim			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
14:00	Lane Swim			Aqua 12:45-13:30			Lane Swim			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
14:30	Lane Swim			Aqua 12:45-13:30			Lane Swim			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Water Babies 10:30-14:30			Aqua 11:15-12:00			Water Babies 8:15 - 10:45					
15:00	Lane Swim			Family Swim 14:00-17:30			Lane Swim			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30					
15:30	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
16:00	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
16:30	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
17:00	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
17:30	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
18:00	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
18:30	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
19:00	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
19:30	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
20:00	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
20:30	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
21:00	Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Swim lesson 15:30-18:00			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Family Swim 14:00-17:30			Swim lesson 14:30-18:00			Family Swim 14:00-17:30					
21:30	Closed			Closed			Closed			Closed			Closed			Closed			Closed			Closed					

Swimmers swim up one side of the lane and down the other – swimming in long ovals rather than up and down the same line
 Swimming lessons are the process of learning to swim. We provide lessons for both children and adults in different levels
 Visiting the pool is a great family activity, and we make sure families can enjoy swimming together
 Our ratio is 1 adult (member only) to 2 children under 8 years old. Over 8s can perform an NStars swim test to swim unaccompanied
 Please note 121 swim lessons may take place in one lane outside of these times. We ensure at all times we have at least one lane available for lane swimming