

# 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			06:30	Lane Swim			06:30	Lane Swim			06:30	Lane Swim			06:30	Lane Swim			06:30	Closed			06:30	Closed		
07:00				07:00				07:00				07:00				07:00				07:00	Closed			07:00	Closed		
07:30				07:30				07:30				07:30				07:30				07:30	Closed			07:30	Closed		
08:00				08:00				08:00				08:00				08:00				08:00	Lane Swim			08:00	Lane Swim		
08:30				08:30				08:30				08:30				08:30				08:30	Lane Swim			08:30	Lane Swim		
09:00				09:00				09:00				09:00				09:00				09:00	Lane Swim			09:00	Lane Swim		
09:30				09:30	Water Babies 9:00-11:00			09:30				09:30	Aqua- 9:30-10:15			09:30	Aqua- 9:30-10:15			09:30	Water Babies 08:15-			09:30	Lane Swim		
10:00				10:00				10:00				10:00				10:00				10:00				10:00	Lane Swim		
10:30	Aqua 10:40-11:25			10:30				10:30	Aqua- 10:40-11:25			10:30				10:30	Adult and Baby/Toddler 10:30-11:00			10:30	Water Babies 08:15-			10:30	Lane Swim		
11:00				11:00				11:00				11:00				11:00				11:00	Aqua- 11:15-12:00			11:00	Lane Swim		
11:30				11:30	Aqua- 11:30-12:15			11:30				11:30	Water Babies 10:30-14:30			11:30	Aqua 11:45-12:30			11:30	Water Babies 12:00-15:00			11:30	Lane Swim		
12:00				12:00				12:00				12:00				12:00				12:00				12:00	Lane Swim		
12:30	Aqua- 12:30-13:15			12:30	Aqua- 12:45-13:30			12:30				12:30				12:30				12:30				12:30	Lane Swim		
13:00				13:00				13:00				13:00				13:00				13:00				13:00	Lane Swim		
13:30				13:30				13:30				13:30				13:30				13:30				13:30	Lane Swim		
14:00				14:00				14:00				14:00				14:00	Swim lessons 13:00-17:30			14:00	Swim lessons 15:30-17:30			14:00	Lane Swim		
14:30				14:30				14:30	Family Swim 14:00-17:30			14:30	Family Swim 14:00-17:30			14:30	Swim lessons 13:00-17:30			14:30	Family Swim 14:00-17:30			14:30	Family Swim 14:00-17:30		
15:00				15:00				15:00				15:00				15:00	Swim lessons 13:00-17:30			15:00	Swim lessons 15:30-17:30			15:00	Lane Swim		
15:30	Family Swim 14:00-17:30			15:30				15:30				15:30				15:30				15:30				15:30	Lane Swim		
16:00	Swim lessons 15:30-18:00			16:00	Swim lessons 16:00-18:30			16:00	Swim lessons 15:30-18:00			16:00	Swim lessons 16:00-19:00			16:00	Swim lessons 13:00-17:30			16:00	Swim lessons 15:30-17:30			16:00	Lane Swim		
16:30				16:30				16:30				16:30				16:30				16:30				16:30	Lane Swim		
17:00				17:00				17:00				17:00				17:00				17:00				17:00	Lane Swim		
17:30				17:30	Swim lesson			17:30	Swim lesson			17:30	Swim lesson			17:30	Swim lesson			17:30	Swim lesson			17:30	Lane Swim		
18:00				18:00				18:00				18:00				18:00				18:00				18:00	Lane Swim		
18:30				18:30				18:30				18:30				18:30	Aqua- 18:30-19:15			18:30				18:30	Lane Swim		
19:00				19:00				19:00				19:00				19:00				19:00				19:00	Lane Swim		
19:30				19:30				19:30				19:30				19:30				19:30				19:30	Lane Swim		
20:00				20:00				20:00				20:00				20:00				20:00	Closed			20:00	Closed		
20:30				20:30				20:30				20:30				20:30				20:30	Closed			20:30	Closed		
21:00				21:00				21:00				21:00				21:00				21:00	Closed			21:00	Closed		
21:30	Closed			21:30	Closed			21:30	Closed			21:30	Closed			21:30	Closed			21:30	Closed			21:30	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 (regardless of their age)

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