

### Main Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON			Early Risers Lane Swim		Casual Swim	Aqua Fit	Lane Swim		School Swim	Casual Swim	Learn 2 Swim Kids			NCSC			Lane Swim		
TUES			Early Risers Lane Swim		School Swim	Ladies Only Swim	Aqua Fit	Lane Swim	School Swim		Casual Swim	Learn 2 Swim Kids			Casual Swim		Lane Swim		
WED			Early Risers Lane Swim		Casual Swim	Aqua Fit	L2S Adults Casual Swim	Lane Swim	School Swim	Casual Swim	Casual Swim	Casual Swim		NCSC		Casual Swim	Lane Swim		
THUR			Early Risers Lane Swim		Aqua Fit	Casual Swim		Lane Swim	School Swim	Casual Swim	Casual Swim			Casual Swim	Masters	Casual Swim	Lane Swim		
FRI			NCSC	Early Risers Lane Swim	Aqua Fit	Casual Swim		Lane Swim	School Swim	Casual Swim	Casual Swim		NCSC		Lane Swim				
SAT			Lane Swim		Learn 2 Swim Kids			Casual Swim	Wet 'n' Wild	Wet 'n' Wild	Available for hire								
SUN			Lane Swim		Casual Swim			Casual Swim	Disability Swim	Wet 'n' Wild	NCSC								

### Small Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON					Casual Swim	Under 5's Fun Swim	Learn 2 Swim Tots		School Swim	Casual swim	Learn 2 Swim Kids			NCSC					
TUES					School Swim	Casual Swim	Under 5's Fun Swim	School Swim		Casual Swim	Learn 2 Swim Kids			Aqua Jog	Aqua HIIT				
WED					Learn 2 Swim Tots	Casual Swim	Under 5's Fun Swim	School Swim	Casual Swim	Learn 2 Swim Kids			Learn 2 Swim Adults						
THUR					Casual Swim	Aquanatal	Casual Swim	Under 5's Fun Swim	School Swim	Casual Swim	Learn 2 Swim Kids	Casual Swim	Aqua HIIT	Aqua Jog					
FRI					Learn 2 Swim Tots	Casual Swim	Under 5's Fun Swim	School Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim							
SAT					L2S Adult and Child	Learn 2 Swim Kids		Casual Swim	Wet 'n' Wild**	Wet 'n' Wild**	Available for private hire								
SUN					Under 8's Fun Swim	Casual Swim		Casual Swim	Disability Swim	Wet 'n' Wild	Learn 2 Swim Kids								

**POOL AND FUEL JUST £1.50 EXTRA<sup>^</sup>**  
T&C's Apply

**8am - 6pm WEEKDAYS**  
**9am - 3pm WEEKENDS**

- Under 8's - Please refer to admissions policy
- Please note pre-booking is advised for all fitness classes
- Session dividers in this timetable are not representative of the pool layout
- \* One lane provided for lane swimming
- \*\* All swimmers using the inflatable must complete a 50m swim before use. This must be unaided and without goggles
- <sup>^</sup> Pool & Fuel are our sessions where you can grab a bite to eat after a swim for just £1.50 more
- <sup>o</sup> Last Minute Lane Swim available from 9.30pm in the main pool - just £2.50 with our leisure card

■ Last Minute Lane Swim<sup>o</sup>
 Pool Closed
  Flume Open
 2hr Maximum Swim