

Main Pool

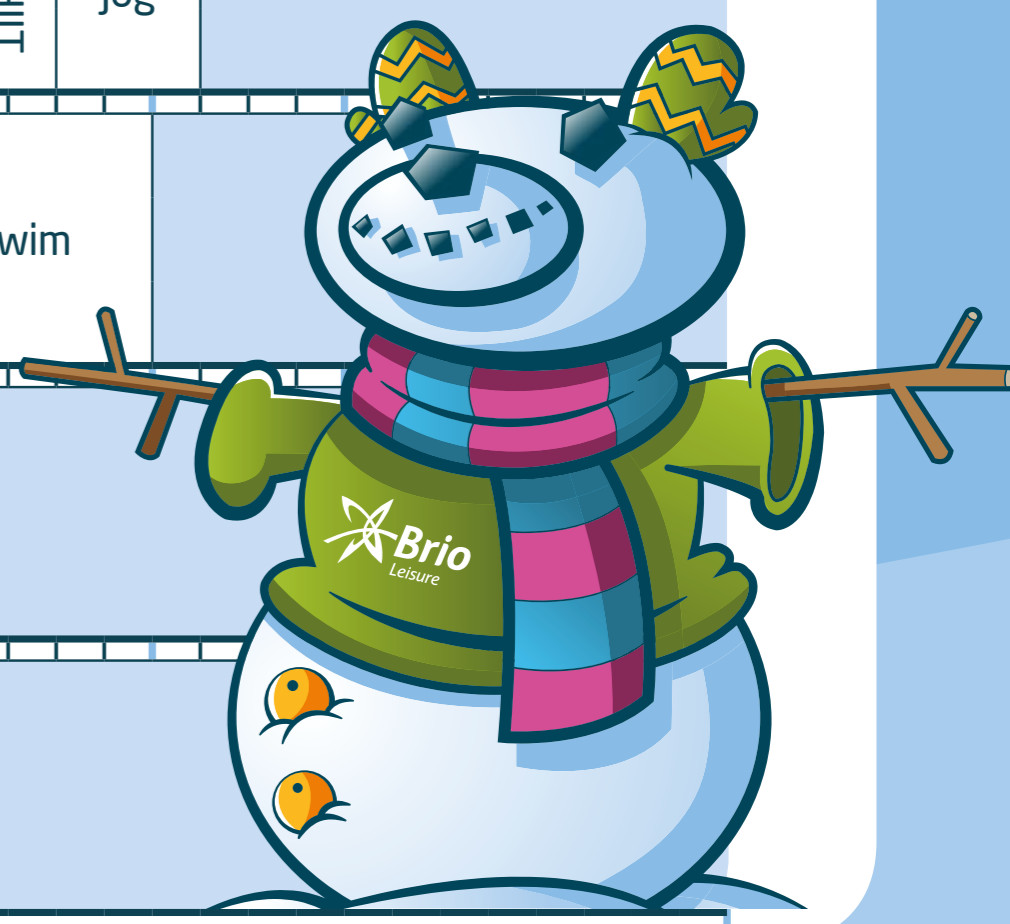
	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	
MON	NEW YEARS EVE - CLOSED																			
TUES	NEW YEARS DAY - CLOSED																			
WED			Early Risers Lane Swim	Casual Swim	Aqua Fit	Casual Swim L2S Adult	Lane Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim			NCSC	Casual Swim	Lane Swim			
THUR			Early Risers Lane Swim	Aqua Fit	Casual Swim	Lane Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Masters Swim	Casual Swim	Lane Swim			
FRI			Early Risers Lane Swim	NCSC	Aqua Fit	Casual Swim	Lane Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim		NCSC	Lane Swim				
SAT			Lane Swim	Casual Swim	Casual Swim	Casual Swim	Wet 'n' Wild**	Wet 'n' Wild	Pool available for Private Hire											
SUN			Lane Swim	Casual 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	NEW YEARS EVE - CLOSED																			
TUES	NEW YEARS DAY - CLOSED																			
WED						Learn 2 Swim Tots	Casual Swim	U8's Fun Swim 1m deep	Casual Swim	Casual Swim	Casual Swim	Learn 2 Swim Kids	Learn 2 swim Adults							
THUR				Casual Swim	Aqua Natal	Casual Swim	U8's Fun Swim 0.6m deep	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Learn 2 Swim Kids	Aqua HIT	Aqua Jog						
FRI				Learn 2 Swim Adult & Child	Swim-a-sonB	U8's Fun Swim 1m deep	U8's Fun Swim 1m deep	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim	Casual Swim							
SAT				Learn 2 Swim Tots	Casual Swim	Casual Swim	Wet 'n' Wild	Wet 'n' Wild	Pool available for Private Hire											
SUN				U8's Family Swim	Casual Swim	Casual swim	Disability Swim	Wet 'n' Wild	Casual Swim											

POOL AND FUEL JUST £1.50 EXTRA[^]
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
- ** All swimmers using the inflatable must complete a 50m swim before use. This must be unaided and without goggles
- [^] Pool & Fuel are our sessions where you can grab a bite to eat after a swim for just £1.50 more

Pool Closed
 Flume Open
2hr Maximum Swim