

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			Lane Swim			Family Fun Swim		Lane Swim	Learn 2 Swim			EPASC (6 Lanes)				
						Training Lane						Casual Swim		Aqua Jog		Lane Swim			
						Casual Swim													
TUES			Early Risers Lane Swim			Lane Swim			U16s Free Swim		Lane Swim	Learn 2 Swim			Aqua Fit	HIIT	Aqua Dis	Sub Aqua	
						Training Lane					Training Lane			Aqua Jog (Deep end)		Lane Swim			
						Casual Swim					Casual Swim								
WED			Early Risers Lane Swim			Lane Swim			Swim Test	Wet 'n' Wild		Lane Swim	Learn 2 Swim		L2S Adults		EPASC (2 lanes)		
						Training Lane					Training Lane			Swim Fit	Swim Fit	Lane Swim			
						Casual Swim					Casual Swim								
THUR			Early Risers Lane Swim			Lane Swim	Aqua Fit	Lane Swim	U16s Free Swim		Lane Swim	Learn 2 Swim			Aqua Dance		Casual Swim		
						Training Lane					Training Lane			Ladies Only Swim	Triathlon Technique Training	Lane Swim			
						Casual Swim	Casual Swim (deep end only)	Casual Swim			Casual Swim								
FRI			Early Risers Lane Swim			Aqua Zumba		Casual Swim		Family Fun Swim		Lane Swim	Learn 2 Swim			EPASC (6 lanes)			
						Ladies Only Swim		Training Lane			Training Lane								
						Lane Swim	NTC Session	Casual Swim			Casual Swim								
SAT					EPASC		Learn 2 Swim		Lane Swim	Swim Test	Wet 'n' Wild			Pool Available for Private Hire					
					Early Riser Lane Swim		Training Lane		Casual Swim										
							Casual Swim												
SUN					Early Riser Lane Swim		Learn 2 Swim		Lane Swim		Family Fun Swim	Aqua Fit	Learn 2 Swim		EPASC				
							Training Lane						Lane Swim						
							Casual Swim												



Small Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON						Fun & Floats			Family Fun Swim		Casual Swim	Learn 2 Swim Kids						
TUES						Fun & Floats			U16s Free Swim		Casual Swim	Learn 2 Swim Kids						
WED						Fun & Floats			Wet 'n' Wild		Casual Swim	Learn 2 Swim Kids						
THUR						Fun & Floats			U16s Free Swim		Casual Swim	Learn 2 Swim Kids						
FRI						Fun & Floats	L2S Adult & Child	Swim-a-Song	L2S Adult & Child	Swim-a-Song	Learn 2 Swim Kids	Family Fun Swim	Casual Swim	Learn 2 Swim Kids				
SAT							Learn 2 Swim Kids		Casual Swim		Wet 'n' Wild**	Pool Available for Private Hire						
SUN							Learn 2 Swim Kids		Casual Swim	Family Fun Swim	Learn 2 Swim							



- ** No inflatable in the small pool
- L2S - Learn 2 Swim
- Under 16's only on the inflatable
- 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
- Swim test - Children must complete a 50m swim test before being allowed on the pool inflatable
- * Pool & Fuel are our sessions where you can grab a bite to eat after a swim for just £1.50 more

Pool and Fuel
 Pool Closed
 2hr Maximum Swim