

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	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim						EPASC (6 Lanes)	EPASC		
TUES			Early Risers Lane Swim		Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim						Aqua Jog (Deep end)	HIIT	Aqua Dis	Sub Aqua
WED			Early Risers Lane Swim		Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim									
THUR			Early Risers Lane Swim		Lane Swim	School Swim	Aqua Fit	Lane Swim	School Swim	Lane Swim	Learn 2 Swim								
FRI			Early Risers Lane Swim		Lane Swim	Aqua Zumba	Casual Swim	School Swim	Lane Swim	Learn 2 Swim									
SAT					L2S	Learn 2 Swim				Lane Swim									
					EPASC														
					Early Riser Lane Swim	Training Lane				Casual Swim									
SUN			Early Riser Lane Swim			Learn 2 Swim				Lane Swim									



Small Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MON						School Swim	L2S	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim							
TUES						School Swim	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim								
WED						School Swim	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim								
THUR						School Swim	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim								
FRI						Fun and Floats	L2S Adult & Child	Swim-a-Song	L2S Adult & Child	Swim-a-Song	L2S Kids	School Swim	Casual Swim	Learn 2 Swim				
SAT						Learn 2 Swim Kids				Casual Swim	Wet 'n' Wild**							
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 aged 8 and under 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