

### Main Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
<b>MON</b>				Lane Swim	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	EPASC (6 Lanes)	EPASC			
															Aqua Jog (Deep end)	Lane Swim			
<b>TUES</b>				Lane Swim	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Aqua Fit	HIIT	Aqua Dis	Sub Aqua	
															Aqua Jog (Deep end)	Lane Swim			
<b>WED</b>				Lane Swim	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	L2S Adults	EPASC (2 lanes)			
															Swim Fit	Swim Fit	Lane Swim		
<b>THUR</b>				Lane Swim	Lane Swim	School Swim	Aqua Fit	Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Aqua Dance	Lane Swim			
															Ladies Only Swim	Triathlon Technique Training	Lane Swim		
<b>FRI</b>				Lane Swim	Lane Swim	Aqua Zumba	Casual Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	EPASC (6 lanes)	Lane Swim			
<b>SAT</b>				EPASC	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Lane Swim	Lane Swim	Wet 'n' Wild	Wet 'n' Wild	Pool Available for hire	Pool Available for hire	Pool Available for hire	Pool Available for hire	Pool Available for hire	Pool Available for hire	Pool Available for hire
<b>SUN</b>				Lane Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Lane Swim	Family Fun Swim	Aqua Fit	Learn 2 Swim	Learn 2 Swim	EPASC Masters	EPASC				

### Small Pool

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

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

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

- \*\* 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

<sup>~</sup> Pool & Fuel are our sessions where you can grab a bite to eat after a swim for just £1.50 more

 Pool Closed    **2hr Maximum Swim**