

Main Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	
MON				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				
TUES				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				
WED				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			
THUR				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			
FRI				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				
SAT				EPASC	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Lane Swim	Casual Swim	Swim Test	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	Pool Available for hire
SUN				Lane Swim	Lane Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Lane Swim	Family Fun Swim	Aqua Fit	Learn 2 Swim	Casual Swim	EPASC Masters	EPASC					

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	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim					
TUES						School Swim	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim					
WED						School Swim	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim					
THUR						School Swim	Fun & Floats	School Swim	Casual Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim	Learn 2 Swim					
FRI					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					
SAT						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**					
SUN						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[~]
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
- [~] 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**