

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		
															Aqua Jog (Deep end)				
TUES			Early Risers Lane Swim		Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim					Aqua Fit	HIIT	Aqua Dis	Sub Aqua	
															Aqua Jog (Deep end)				
WED			Early Risers Lane Swim		Lane Swim	School Swim	Lane Swim	School Swim	Lane Swim	Learn 2 Swim					L2S Adults				
															Swim Fit	Swim Fit	Lane Swim		
THUR			Early Risers Lane Swim		Lane Swim	School Swim	Aqua Fit	Lane Swim	School Swim	Lane Swim	Learn 2 Swim				Aqua Dance		Lane Swim		
															Ladies Only Swim	Triathlon Technique Training	Lane Swim		
FRI			Early Risers Lane Swim		Lane Swim	Aqua Zumba	Casual Swim	School Swim	Lane Swim	Learn 2 Swim							EPASC (6 lanes)	Lane Swim	
SAT					EPASC	Learn 2 Swim		Lane Swim			Wet 'n' Wild								
					Early Riser Lane Swim	Training Lane	Casual Swim												
SUN			Early Riser Lane Swim		Lane Swim	Learn 2 Swim		Lane Swim		Family Fun Swim	Aqua Fit	Learn 2 Swim				EPASC Masters			



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	Learn 2 Swim 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