

Training Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	
MON			Lane Swim					Aqua Fit	Adult L2S	Lane Swim	School Swim	Lane Swim	Learn 2 Swim					Lane Swim		
TUES			Lane Swim				Adult & Child + Tots L2S	Aqua Fit	A&C L2S Swim-a-song	Lane Swim	School Swim		Learn 2 Swim					Lane Swim		
WED			Lane Swim				Ladies Only Swim	Aqua Mitt	Fun & Floats	Lane Swim	School Swim	Learn 2 Swim	Aqua Zumba	Aqua Fit	Swim Fit		Lane Swim			
THUR			Lane Swim	Aqua Zumba	Splash Swim		Adult and Child L2S Swim-a-song	Adult L2S	Lane Swim	School Swim		Learn 2 Swim								
FRI			Lane Swim	Adult and Child + Tots Learn 2 Swim			Lane Swim	Drop in Swim Clinic	Lane Swim		Learn 2 Swim				Lane Swim					
SAT					Learn 2 Swim							Pool Available for Private Hire		Lane Swim						
SUN					Learn 2 Swim					Learn 2 Swim		ASKA Swim Club		Lane Swim						

Monday 7th May 2018 - Lane Swim only 9.00am - 4.00pm



We're sorry but due to an ongoing technical issue in the pool hall, the **leisure pool** and **sauna/steam rooms** will remain closed until further notice. **Thanks for 'Bearing' with us!**

- 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

Pool Closed
 Flume Open
2hr Maximum Swim