

### Leisure 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							Training Lane	Casual Swim		Aqua Jog*	Canoe Lessons			
TUES			Early Risers Lane Swim		Lane Swim	L2S A&C + Tots	Swim-a-song					Training Lane	Casual Swim		L2S	Canoe Lessons			
WED			Early Risers Lane Swim		Lane Swim		Fun & Floats					Training Lane	Casual Swim			Lane Swim			
THUR			Early Risers Lane Swim		Lane Swim	L2S A&C + Tots	Swim-a-song					Training Lane	Casual Swim		L2S Syncro	L2S Syncro	Lane Swim		
FRI			Early Risers Lane Swim		Lane Swim							Training Lane	Casual Swim			Lane Swim			
SAT			Early Risers Lane Swim		L2S Adult & Child								Casual Swim	Pool available for Private Hire	Canoe Lessons				
SUN			Life Saving Club		L2S A&C								Casual Swim	Pool available for Private Hire	Canoe Lessons				

### Training Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON					School Swim	Aqua Fit	Learn 2 Swim Adults		School Swim				Learn 2 Swim Kids		Chester Terrapins Disabled Swim Club	Lane Swim			
TUES						Aqua Fit			School Swim				Learn 2 Swim Kids		Learn 2 Swim Adult	Lane Swim	Go Tri		
WED					School Swim	Aqua Mitt			School Swim			Learn 2 Swim Kids		Aqua Fit	Swim Fit				
THUR					Aqua Zumba	Splash Swim		Learn 2 Swim Adults					Learn 2 Swim Kids		Learn 2 Swim Adult				
FRI					Learn 2 Swim Adult & Child		Drop in Swim Clinic		School Swim				Learn 2 Swim Kids						
SAT						Learn 2 Swim Kids									Lane Swim				
SUN			Early Risers Lane Swim			Learn 2 Swim Kids								ASKA Swim Club					



- 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**