

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		Casual Swim	Aqua Fit	Lane Swim			Wet 'n' Wild	Casual Swim	Learn 2 Swim Kids		NCSC			Lane Swim		
TUES			Early Risers Lane Swim		Casual Swim	Ladies Only Swim	Aqua Fit	Lane Swim		U16s Free Swim	Casual Swim	Learn 2 Swim Kids		Casual Swim			Lane Swim		
WED			Early Risers Lane Swim		Casual Swim	Aqua Fit	L2S Adults Casual Swim	Lane Swim		Wet 'n' Wild	Casual Swim	Casual Swim		NCSC			Lane Swim		
THUR			Early Risers Lane Swim		Aqua Fit	Casual Swim		Lane Swim		U16s Free Swim	Casual Swim	Casual Swim		Casual Swim	Masters	Casual Swim	Lane Swim		
FRI			NCSC	Early Risers Lane Swim	Aqua Fit	Casual Swim		Lane Swim		Fun & Floats	Casual Swim	Casual Swim		NCSC			Lane Swim		
SAT			Lane Swim		Learn 2 Swim Kids			Casual Swim		Wet 'n' Wild**	Wet 'n' Wild**	Available for hire							
SUN			Lane Swim		Casual Swim	Casual Swim	Casual Swim	Casual Swim		Disability Swim	Wet 'n' Wild**	NCSC							

Small Pool

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON					Casual Swim	Under 8's Fun Swim Pool depth 1.0m	Learn 2 Swim Tots			Wet 'n' Wild	Casual Swim	Learn 2 Swim Kids		NCSC					
TUES					Casual Swim		Under 8's Fun Swim Pool depth 0.6m			U16s Free Swim	Casual Swim	Learn 2 Swim Kids		Aqua Jog	Aqua HIIT				
WED					Learn 2 Swim Tots	Casual Swim	Under 8's Fun Swim Pool depth 1.0m			Wet 'n' Wild	Casual Swim	Learn 2 Swim Kids		Learn 2 Swim Adults					
THUR					Casual Swim	Aqua Natal	Casual Swim	Under 8's Fun Swim Pool depth 0.6m		U16s Free Swim	Casual Swim	Learn 2 Swim Kids	Casual Swim	Aqua HIIT	Aqua Jog				
FRI					Learn 2 Swim Tots	Casual Swim	Under 8's Fun Swim Pool depth 1.0m			Fun & Floats	Casual Swim	Casual Swim	Casual Swim						
SAT					Learn 2 Swim	Learn 2 Swim Kids		Casual Swim		Wet 'n' Wild**	Wet 'n' Wild**	Available for private hire							
SUN					Under 8's Fun swim	Casual Swim	Casual Swim	Casual Swim		Disability Swim	Wet 'n' Wild**	Learn 2 Swim Kids							

POOL AND FUEL JUST £1.50 EXTRA*
T&C's Apply

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



- 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
- ** All swimmers using the inflatable must complete a 50m swim before use. This must be unaided and without goggles
- * Pool & Fuel are our sessions where you can grab a bite to eat after a swim for just £1.50 more
- ° Last Minute Lane Swim available from 9.30pm in the main pool - just £2.50 with our leisure card

■ Last Minute Lane Swim°
 Pool Closed
 Flume Open
2hr Maximum Swim