

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	School Swim	Casual Swim		Learn 2 Swim Kids			NCSC			Lane Swim	
TUES			Early Risers Lane Swim		School Swim	Ladies Only Swim	Aqua Fit	Lane Swim	School 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	School Swim	Casual Swim	Casual Swim		Casual Swim		NCSC	NCSC	Casual Swim		Lane Swim
THUR			Early Risers Lane Swim		Aqua Fit	Casual Swim		Lane Swim	School Swim	Casual Swim		Casual Swim		Casual Swim	Masters	Casual Swim		Lane Swim	
FRI			NCSC	Early Risers Lane Swim	Aqua Fit	Casual Swim		Lane Swim	School Swim	Casual Swim		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	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 5's Fun Swim	Learn 2 Swim Tots	School Swim	Casual swim		Learn 2 Swim Kids			NCSC				
TUES					School Swim	Casual Swim	Under 5's Fun Swim	School Swim	Casual Swim		Learn 2 Swim Kids				Aqua Jog	Aqua HIIT			
WED						Learn 2 Swim Tots	Casual Swim	Under 5's Fun Swim	School Swim	Casual Swim		Learn 2 Swim Kids			Learn 2 Swim Adults				
THUR						Casual Swim	Aquanatal	Casual Swim	Under 5's Fun Swim	School Swim		Casual Swim	Learn 2 Swim Kids	Casual Swim	Aqua HIIT	Aqua Jog			
FRI						Learn 2 Swim Tots	Casual Swim	Under 5's Fun Swim	School Swim		Casual Swim	Casual Swim	Casual Swim		Casual Swim				
SAT					L2S Adult and Child	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	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
- * One lane provided for lane swimming
- ** 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
- ^o Last Minute Lane Swim available from 9.30pm in the main pool - just £2.50 with our leisure card

Last Minute Lane Swim^o
 Pool Closed
 Flume Open

2hr Maximum Swim