

MONDAY	
6.30am - 1.00pm Main Pool	Lane Swim
9.00am - 1.00pm Main Pool	Training Lane
9.00am - 1.00pm Main Pool	Casual Swim
9.00am - 1.00pm Small Pool	Fun & Floats
1.00pm - 2.30pm Main & Small Pool	Family Fun Swim
2.45pm - 4.00pm Main Pool	Lane Swim
2.45pm - 4.00pm Small Pool	Casual Swim
2.45pm - 6.00pm Main Pool	Casual Swim
2.45pm - 6.00pm Main Pool	Training Lane
6.00pm - 7.00pm Main Pool	Aqua Jog (Deep end)
7.00pm - 10.00pm Main Pool	Lane Swim
9.30pm - 10.00pm Main Pool	Last Minute Lanes <b>50% OFF!</b>

TUESDAY	
6.30am - 10.15am Main Pool	Lane Swim
9.00am - 10.15am Main Pool	Training Lane
9.00am - 10.15am Main Pool	Casual Swim
9.00am - 10.15am Small Pool	Fun & Floats
10.15am - 11.15am Main & Small Pool	U16's Free Swim
11.30am - 3.00pm Small Pool	Fun & Floats
11.30am - 3.45pm Main Pool	Lane Swim
11.30am - 6.30pm Main Pool	Casual Swim
1.00pm - 6.30pm Main Pool	Training Lane
3.00pm - 4.00pm Small Pool	Casual Swim
6.30pm - 7.30pm Main Pool	Aqua Jog (Deep end)
6.30pm - 7.30pm Main Pool	Aqua Fit
7.30pm - 8.00pm Main Pool	HIIT
7.30pm - 10.00pm Main Pool	Lane Swim
8.00pm - 9.00pm Main Pool	Aqua Dis
9.30pm - 10.00pm Main Pool	Last Minute Lanes <b>50% OFF!</b>

WEDNESDAY	
6.30am - 1.00pm Main Pool	Lane Swim
9.00am - 1.00pm Main Pool	Training Lane
9.00am - 1.00pm Main Pool	Casual Swim
9.00am - 1.00pm Small Pool	Fun & Floats
1.00pm - 1.15pm Main Pool	Swim Test
1.15pm - 2.15pm Main & Small Pool	Wet 'n' Wild
2.45pm - 4.00pm Main Pool	Lane Swim
2.45pm - 6.00pm Main Pool	Training Lane
2.45pm - 7.00pm Main Pool	Casual Swim
2.45pm - 4.00pm Small Pool	Casual Swim
7.00pm - 7.30pm Main Pool	Swim Fit
7.30pm - 8.00pm Main Pool	Swim Fit
8.00pm - 9.30pm Main Pool	Lane Swim
9.00pm - 9.30pm Main Pool	Last Minute Lanes <b>50% OFF!</b>

THURSDAY	
6.30am - 11.00am Main Pool	Lane Swim
9.00am - 11.00am Main Pool	Training Lane
9.00am - 11.00am Main Pool	Casual Swim
9.00am - 1.00pm Small Pool	Fun & Floats
11.00am - 12.00pm Main Pool	Aqua Fit
11.00am - 12.00pm Main Pool	Casual Swim (Deep end)
12.00pm - 1.00pm Main Pool	Lane Swim
12.00pm - 1.00pm Main Pool	Casual Swim
1.00pm - 2.00pm Main & Small Pool	U16's Free Swim
2.15pm - 4.00pm Main Pool	Lane Swim
2.15pm - 4.00pm Small Pool	Casual Swim
2.15pm - 6.00pm Main Pool	Training Lane
2.15pm - 7.00pm Main Pool	Casual Swim
7.00pm - 8.00pm Main Pool	Aqua Dance
7.00pm - 8.00pm Main Pool	Ladies Only Swim
8.00pm - 9.00pm Main Pool	Triathlon Technique Training
8.00pm - 9.30pm Main Pool	Lane Swim
9.00pm - 9.30pm Main Pool	Last Minute Lanes <b>50% OFF!</b>

FRIDAY	
6.30am - 9.15am Main Pool	Lane Swim
9.00am - 10.00am Small Pool	Fun & Floats
9.15am - 10.00am Main Pool	Aqua Zumba
9.15am - 10.00am Main Pool	Ladies Only Swim
10.00am - 11.00am Main Pool	Lane Swim
10.00am - 1.00pm Main Pool	Casual Swim
10.00am - 1.00pm Main Pool	Training Lane
10.30am - 11.00am Small Pool	Swim-a-Song
11.00am - 12.00pm Main Pool	NTC Session
11.30am - 12.00pm Small Pool	Swim-a-Song
12.00pm - 1.00pm Main Pool	Lane Swim
1.00pm - 2.30pm Main & Small Pool	Family Fun Swim
2.45pm - 4.00pm Main Pool	Lane Swim
2.45pm - 7.00pm Main Pool	Training Lane
2.45pm - 4.00pm Small Pool	Casual Swim
2.45pm - 7.00pm Main Pool	Casual Swim
7.00pm - 10.00pm Main Pool	Lane Swim <b>50% OFF!</b>
9.30pm - 10.00pm Main Pool	Last Minute Lanes

SATURDAY	
8.00am - 9.00am Main Pool	Lane Swim
9.00am - 2.45pm Main Pool	Casual Swim
9.00am - 2.45pm Main Pool	Training Lane
1.00pm - 2.45pm Main Pool	Lane Swim
1.00pm - 2.45pm Small Pool	Casual Swim
2.45pm - 3.00pm Main Pool	Swim Test
3.00pm - 4.00pm Main & Small Pool	Wet 'n' Wild

SUNDAY	
8.00am - 9.00am Main Pool	Lane Swim
9.00am - 2.00pm Main Pool	Casual Swim
9.00am - 2.00pm Main Pool	Training Lane
1.00pm - 2.00pm Main Pool	Lane Swim
1.00pm - 2.00pm Small Pool	Casual Swim
2.00pm - 3.30pm Main & Small Pool	Family Fun Swim
4.00pm - 5.00pm Main Pool	Aqua Fit
5.00pm - 6.00pm Main Pool	Casual Swim

**POOL HIRE**  
4.30pm - 7.00pm  
**SATURDAY**

**POOL & FUEL & GRAB A BITE TO EAT**  
AFTER YOUR SWIM  
8am - 6.30pm WEEKDAYS  
9am - 4pm WEEKENDS  
**FOR JUST £1.50**  
T&Cs Apply

Timetable may vary during Bank Holidays. Check online for up to date sessions

- Under 16s only on inflatable
- Pool admissions policy applies to all sessions
- Please note pre booking is advised for all fitness classes
- Wet n Wild - children must complete a 50m swim test before being allowed onto the pool inflatable