

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 | | Casual Swim | Casual Swim* | | | NCSC | | | Lane Swim | | | | |
| THUR | | Early Risers Lane Swim | | Aqua Fit | Casual Swim* | | Lane Swim | | School Swim | Casual Swim* | | | Casual Swim Masters | Casual Swim* | | Lane Swim | | | | |
| FRI | | | NCSC | Early Risers Lane Swim | Aqua Fit | School Swim | Casual Swim* | Lane Swim | | School 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 | 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 | | Casual Swim | Learn 2 Swim Kids | | | Learn 2 Swim Adults | | | | | | |
| THUR | | | | | Casual Swim | Aqua Natal | 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 | School Swim | Under 5's Fun Swim | | School Swim | 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 Lessons | 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