

Main Pool

| | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | 11pm |
|------|-----|-----|-----|-------------|-----------|------------------|-----------------------------|-------------|-----------------|-----------------|---------------|---------------|---------------------|-------------------------|------------------------------|-----------|-----------------|------|------|
| MON | | | | Lane Swim | | Lane Swim | | | Family Fun Swim | | Lane Swim | Learn 2 Swim | | | EPASC 6 Lanes | | EPASC 4 Lanes | | |
| | | | | | | Training Lane | | | | | Training Lane | | Aqua Jog (Deep end) | | Lane Swim | | | | |
| | | | | Casual Swim | | | | | | | Casual Swim | | | | | | | | |
| TUES | | | | Lane Swim | | Lane swim | U16's Free Swim | | | Lane Swim | | Learn 2 Swim | | Aqua Fit | HIT | Aqua Dis | Sub Aqua | | |
| | | | | | | Casual Swim | | | | | Training Lane | | Aqua Jog (Deep end) | | Lane Swim | | | | |
| | | | | | | | | | | | Casual Swim | | | | | | | | |
| WED | | | | Lane Swim | | Lane Swim | | | Swim Test | Wet 'n' Wild | | Lane Swim | Learn 2 Swim | | L2S Adults | | EPASC (2 lanes) | | |
| | | | | | | Training Lane | | | | | | Training Lane | | Swim Fit | Swim Fit | Lane Swim | | | |
| | | | | | | Casual Swim | | | | | | Casual Swim | | | | | | | |
| THUR | | | | Lane Swim | | Lane Swim | Aqua Fit | Lane Swim | U16's Free Swim | | Lane Swim | Learn 2 Swim | | Aqua Dance | | Lane Swim | | | |
| | | | | | | Casual Swim | Casual Swim (deep end only) | Casual Swim | | | Training Lane | | | Ladies Only Swim | Triathlon Technique Training | Lane Swim | | | |
| | | | | | | | | | | | Casual Swim | | | | | | | | |
| FRI | | | | Lane Swim | | Aqua Zumba | Casual Swim | Lane Swim | | Family Fun Swim | | Lane Swim | Learn 2 Swim | | EPASC (6 lanes) | | Lane Swim | | |
| | | | | | | Ladies Only Swim | Lane Swim | NTC Session | Casual Swim | | | Training Lane | | | | | | | |
| | | | | | | | | | | | Casual Swim | | | | | | | | |
| SAT | | | | | EPASC | | Learn 2 Swim | | | Casual Swim | Swim Test | Wet 'n' Wild | | Pool available for hire | | | | | |
| | | | | | Lane Swim | | Training Lane | | | | | | | | | | | | |
| | | | | | | | Casual Swim | | | | | | | | | | | | |
| SUN | | | | Lane Swim | | Learn 2 Swim | | Lane Swim | | Family Fun Swim | | Aqua Fit | Learn 2 Swim | | EPASC Masters | | | | |
| | | | | | | Training Lane | | | | | | Casual Swim | | EPASC | | | | | |
| | | | | | | Casual Swim | | | | | | | | | | | | | |

Small Pool

| | 5am | 6am | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm |
|------|-----|-----|-----|-----|--------------|-------------------|--------------|-------------------|-----------------|-------------------|-----------------|-------------------|-------------------|-----|-----|-----|-----|------|
| MON | | | | | | Fun & Floats | | | Family Fun Swim | | Casual Swim | Learn 2 Swim Kids | | | | | | |
| TUES | | | | | Casual Swim | U16s Free Swim | Fun & Floats | | | Casual Swim | | Learn 2 Swim Kids | | | | | | |
| WED | | | | | | Fun & Floats | | | Wet 'n' Wild | | Casual Swim | Learn 2 Swim Kids | | | | | | |
| THUR | | | | | | Fun & Floats | | | U16's Free Swim | | Casual Swim | Learn 2 Swim Kids | | | | | | |
| FRI | | | | | Fun & Floats | L2S Adult & Child | Swim-a-Song | L2S Adult & Child | Swim-a-Song | Learn 2 Swim Kids | Family Fun Swim | Casual Swim | Learn 2 Swim Kids | | | | | |
| SAT | | | | | | Learn 2 Swim Kids | | | Casual Swim | | Wet 'n' Wild** | | | | | | | |
| SUN | | | | | | Learn 2 Swim Kids | | | Casual Swim | Family Fun Swim | | | | | | | | |

POOL AND FUEL JUST £1.50 EXTRA[^]
T&C's Apply

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



- ** No inflatable in the small pool
- L2S - Learn 2 Swim
- Under 16's only on the inflatable
- 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
- Swim test - Children must complete a 50m swim test before being allowed on the pool inflatable
- [^] Pool & Fuel are our sessions where you can grab a bite to eat after a swim for just £1.50 more

Pool Closed 2hr Maximum Swim