

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 50% OFF!

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 50% OFF!

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 50% OFF!

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 50% OFF!

FRIDAY	
6.30am - 9.15am Main Pool	Lane Swim
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
9.30pm - 10.00pm Main Pool	Last Minute Lanes 50% OFF!

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