

MONDAY	
6.30am - 10.00am Leisure Pool	Lane Swim
9.00am - 10.00am Leisure Pool	Fun & Floats
9.30am - 10.30am Training Pool	Intro to Swim
10.00am - 11.00am Leisure Pool	U16's Free Swim
10.00am - 8.00pm Leisure Pool	Casual Swim
11.00am - 12.00pm Training Pool	Aqua Fit
1.00pm - 2.00pm Training Pool	Lane Swim
5.00pm - 8.00pm Leisure Pool	Training Lane
7.00pm - 7.45pm Leisure Pool	Aqua Jog (Deep end)
7.15pm - 8.30pm Training Pool	Chester Terrapins Disabled Swim
8.00pm - 9.00pm Leisure Pool	Intro to Canoe
8.30pm - 9.30pm Training Pool	Adult Only Lane Swim
9.00pm - 9.30pm Training Pool	Last Minute Lanes <b>50% OFF!</b>

TUESDAY	
6.30am - 10.00am Leisure Pool	Lane Swim
9.30am - 10.30am Training Pool	Intro to Swim
10.00am - 8.00pm Leisure Pool	Casual Swim
10.30am - 11.30am Training Pool	Aqua Fit
11.30am - 12.00pm Training Pool	Swim-a-Song
1.00pm - 2.00pm Training Pool	Lane Swim
2.00pm - 3.00pm Training Pool	Intro to Canoe
5.00pm - 8.00pm Leisure Pool	Training Lane
7.30pm - 8.00pm Leisure Pool	Swim Courses
8.00pm - 9.00pm Leisure Pool	Intro to Canoe
8.30pm - 9.30pm Training Pool	Adult Only Lane Swim
9.00pm - 9.30pm Training Pool	Last Minute Lanes <b>50% OFF!</b>

WEDNESDAY	
6.30am - 10.00am Leisure Pool	Lane Swim
9.00am - 10.00am Leisure Pool	Fun & Floats
9.30am - 10.30am Training Pool	Intro to Swim
10.00am - 8.00pm Leisure Pool	Casual Swim
10.30am - 11.30am Training Pool	Aqua Fit
1.00pm - 2.00pm Training Pool	Lane Swim
2.00pm - 2.45pm Training Pool	Intro to Snorkelling
6.15pm - 7.15pm Training Pool	Aqua Fit
7.15pm - 8.15pm Training Pool	Swim Fit
8.00pm - 9.30pm Leisure Pool	Adult Only Lane Swim
9.00pm - 9.30pm Leisure Pool	Last Minute Lanes <b>50% OFF!</b>

THURSDAY	
6.30am - 10.00am Leisure Pool	Lane Swim
9.15am - 10.00am Training Pool	Aqua Zumba
10.00am - 8.00pm Leisure Pool	Casual Swim
10.30am - 11.30am Training Pool	Splash Swim
11.30am - 12.00pm Training Pool	Swim-a-Song
1.00pm - 2.00pm Training Pool	Lane Swim
2.00pm - 3.00pm Training Pool	Intro to Canoe
5.00pm - 8.00pm Leisure Pool	Training Lane
8.00pm - 9.30pm Training Pool	Adult Only Lane Swim
9.00pm - 9.30pm Training Pool	Last Minute Lanes <b>50% OFF!</b>

FRIDAY	
6.30am - 10.00am Leisure Pool	Lane Swim
9.00am - 10.00am Leisure Pool	Fun & Floats
10.00am - 11.00am Leisure Pool	U16's Free Swim
10.00am - 8.00pm Leisure Pool	Casual Swim
12.00pm - 1.00pm Training Pool	Drop in Swim Clinic*
1.00pm - 2.00pm Training Pool	Lane Swim
5.00pm - 8.00pm Leisure Pool	Training Lane
8.30pm - 9.30pm Leisure Pool	Adult Only Lane Swim
9.00pm - 9.30pm Leisure Pool	Last Minute Lanes <b>50% OFF!</b>

SATURDAY	
8.00am - 10.00am Leisure Pool	Lane Swim
10.00am - 4.00pm Leisure Pool	Casual Swim
5.00pm - 6.30pm Training Pool	Lane Swim
5.00pm - 7.00pm Leisure Pool	Intro to Canoe
6.00pm - 6.30pm Training Pool	Last Minute Lanes <b>50% OFF!</b>

SUNDAY	
8.00am - 10.00am Training Pool	Lane Swim
8.30am - 10.00am Leisure Pool	Life Saving Club
10.00am - 4.00pm Leisure Pool	Casual Swim
3.30pm - 4.00pm Leisure Pool	Last Minute Lanes <b>50% OFF!</b>
5.00pm - 7.00pm Leisure Pool	Intro to Canoe
5.00pm - 6.00pm Training Pool	Swim Club

**POOL & FUEL**

**GRAB A BITE TO EAT**

AFTER YOUR SWIM

8am - 6.30pm WEEKDAYS

9am - 4pm WEEKENDS

**FOR JUST £1.50**

T&Cs Apply