






MONDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 10.00am Main & Small Pool	Casual Swim
10.00am - 11.30am Small Pool	U8's Fun Swim 1m deep
10.00am - 11.00am Main Pool	Aqua Fit
11.00am - 1.30pm Main Pool	Lane Swim
1.45pm - 2.45pm Main & Small Pool	Wet 'n' Wild
1.45pm - 4.00pm Main Pool	Flume Open 
3.00pm - 3.30pm Small Pool	Casual Swim
3.00pm - 4.00pm Main Pool	Casual Swim
6.00pm - 8.00pm Main Pool	Casual Swim
6.00pm - 8.00pm Main Pool	Flume Open 
8.00pm - 9.15pm Main Pool	Casual Swim
9.15pm - 10.00pm Main Pool	Lane Swim


TUESDAY	
6.30am - 10.00am Main Pool	Lane Swim
10.00am - 11.15am Main Pool	Ladies Only Swim
10.00am - 12.00pm Small Pool	Casual Swim
11.15am - 12.00pm Main Pool	Aqua Fit
12.00pm - 1.30pm Main Pool	Lane Swim
12.00pm - 1.30pm Small Pool	U8's Fun Swim 0.6m deep
1.45pm - 2.45pm Main & Small Pool	U16's Free Swim*
1.45pm - 4.00pm Main Pool	Flume Open 
3.00pm - 4.00pm Main & Small Pool	Casual Swim
6.30pm - 8.00pm Main Pool	Flume Open 
6.30pm - 9.00pm Main Pool	Casual Swim
7.00pm - 7.45pm Small Pool	Aqua Jog
7.45pm - 8.15pm Small Pool	Aqua HIIT
9.00pm - 10.00pm Main Pool	Lane Swim

WEDNESDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 10.00am Main Pool	Casual Swim
10.00am - 11.00am Main Pool	Aqua Fit
11.00am - 11.45am Main Pool	Casual Swim
11.00am - 11.45am Small Pool	U8's Fun Swim
11.45am - 1.30pm Main Pool	Lane Swim
12.30pm - 1.30pm Small Pool	U8's Fun Swim 1m deep
1.45pm - 2.45pm Main & Small Pool	Wet 'n' Wild
1.45pm - 6.00pm Main Pool	Flume Open 
3.00pm - 4.00pm Small Pool	Casual Swim
3.00pm - 4.00pm Main Pool	Casual Swim
4.00pm - 6.00pm Main Pool	Casual Swim
7.15pm - 9.15pm Main Pool	Casual Swim
9.15pm - 10.00pm Main Pool	Lane Swim

THURSDAY	
6.30am - 9.15am Main Pool	Lane Swim
9.00am - 10.00am Small Pool	Casual Swim
9.15am - 10.00am Main Pool	Aqua Fit
10.00am - 11.00am Small Pool	Aquanatal
10.00am - 12.00pm Main Pool	Casual Swim
11.00am - 12.00pm Small Pool	Casual Swim
12.00pm - 1.30pm Small Pool	U8's Fun Swim 0.6m deep
12.00pm - 1.30pm Main Pool	Lane Swim
1.45pm - 2.45pm Main & Small Pool	U16's Free Swim*
1.45pm - 7.30pm Main Pool	Flume Open 
3.00pm - 4.30pm Small Pool	Casual Swim
3.00pm - 5.30pm Main Pool	Casual Swim
5.30pm - 7.30pm Main Pool	Casual Swim
6.00pm - 7.00pm Small Pool	Casual Swim
6.15pm - 7.15pm Main Pool	Masters
7.00pm - 7.30pm Small Pool	Aqua HIIT
7.30pm - 8.15pm Small Pool	Aqua Jog
7.30pm - 9.00pm Main Pool	Casual Swim
9.00pm - 10.00pm Main Pool	Lane Swim

FRIDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 10.00am Main Pool	Aqua Fit
10.00am - 12.00pm Main Pool	Casual Swim
11.00am - 12.00pm Small Pool	Casual Swim
12.00pm - 1.30pm Main Pool	Lane Swim
12.00pm - 1.30pm Small Pool	U8's Fun Swim 1m deep
1.45pm - 2.45pm Main & Small Pool	Fun & Floats
1.45pm - 6.00pm Main Pool	Flume Open 
3.00pm - 4.00pm Small Pool	Casual Swim
3.00pm - 4.00pm Main Pool	Casual Swim
4.00pm - 6.00pm Main Pool	Casual Swim
4.00pm - 6.00pm Small Pool	Casual Swim
6.00pm - 8.00pm Small Pool	Casual Swim
8.00pm - 10.00pm Main Pool	Lane Swim

SATURDAY	
8.00am - 9.30am Main Pool	Lane Swim
12.30pm - 1.15pm Main & Small Pool	Casual Swim
12.30pm - 4.00pm Main Pool	Flume Open 
1.30pm - 2.30pm Main & Small Pool	Wet 'n' Wild
3.00pm - 4.00pm Main & Small Pool	Wet 'n' Wild
4.00pm - 7.00pm Main Pool	Pool available for hire

SUNDAY	
8.00am - 9.30am Main Pool	Lane Swim
8.30am - 9.30am Small Pool	U8's Fun Swim 0.6m deep
9.30am - 11.00am Main & Small Pool	Casual Swim
9.30am - 4.00pm Main Pool	Flume Open 
11.00am - 12.30pm Main & Small Pool	Casual Swim
12.30pm - 2.00pm Main & Small Pool	Casual Swim
2.00pm - 3.00pm Main Pool	Disability Swim
3.00pm - 4.00pm Main & Small Pool	Wet 'n' Wild

**LAST
MINUTE
LANES
50% OFF
MONDAY - FRIDAY
9.30pm - 10.00pm**

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

• Pool admissions policy applies to all sessions
• Please note - pre-booking is advised for all fitness classes
• Wet 'n' Wild - All children must complete a 50m swim test before being allowed onto the pool inflatable, and only under 16's allowed on the inflatable
* Free swim only available with a valid Leisure Card, you can register online or in centre anytime