

MONDAY	
6.30am - 12.00pm Leisure Pool	Lane Swim
11.00am - 12.00pm Leisure Pool	Under 5's Fun & Floats
11.00am - 12.00pm Training Pool	Aqua Fit
12.00pm - 4.00pm Leisure Pool	Casual Swim
12.00pm - 8.00pm Leisure Pool	Training Lane
4.00pm - 8.00pm Leisure Pool	Casual Swim 
7.00pm - 7.45pm Leisure Pool	Aqua Jog (Deep end)
7.15pm - 8.30pm Training Pool	Chester Terrapins Disabled Swim
8.30pm - 9.30pm Training Pool	Adult Only Lane Swim
9.00pm - 9.30pm Training Pool	Last Minute Lanes 

TUESDAY	
6.30am - 12.00pm Leisure Pool	Lane Swim
10.30am - 11.30am Training Pool	Aqua Fit
11.30am - 12.00pm Leisure Pool	Swim-a-Song
12.00pm - 4.00pm Leisure Pool	Casual Swim
12.00pm - 8.00pm Leisure Pool	Training Lane
4.00pm - 8.00pm Leisure Pool	Casual Swim 
8.15pm - 9.30pm Training Pool	Adult Only Lane Swim
9.00pm - 9.30pm Training Pool	Last Minute Lanes 

WEDNESDAY	
6.30am - 12.00pm Leisure Pool	Lane Swim
10.30am - 11.30am Training Pool	Aqua Fit
11.00am - 12.00pm Leisure Pool	Under 5's Fun & Floats
12.00pm - 4.00pm Leisure Pool	Casual Swim
12.00pm - 8.00pm Leisure Pool	Training Lane
4.00pm - 8.00pm Leisure Pool	Casual Swim 
8.00pm - 9.30pm Leisure Pool	Adult Only Lane Swim
9.00pm - 9.30pm Leisure Pool	Last Minute Lanes 

THURSDAY	
6.30am - 12.00pm Leisure Pool	Lane Swim
9.15am - 10.00am Training Pool	Aqua Zumba
10.30am - 11.30am Training Pool	Splash Swim
11.30am - 12.00pm Training Pool	Swim-a-Song
12.00pm - 4.00pm Leisure Pool	Casual Swim
12.00pm - 8.00pm Leisure Pool	Training Lane
4.00pm - 8.00pm Leisure Pool	Casual Swim 
8.00pm - 9.30pm Leisure Pool	Adult Only Lane Swim
9.00pm - 9.30pm Leisure Pool	Last Minute Lanes 

FRIDAY	
6.30am - 12.00pm Leisure Pool	Lane Swim
11.00am - 12.00pm Leisure Pool	Under 5's Fun & Floats
12.00pm - 1.00pm Training Pool	Develop• Improve•Swim*
12.00pm - 4.00pm Leisure Pool	Casual Swim
12.00pm - 8.00pm Leisure Pool	Training Lane
4.00pm - 8.00pm Leisure Pool	Casual Swim 
8.00pm - 9.30pm Leisure Pool	Adult Only Lane Swim
9.00pm - 9.30pm Leisure Pool	Last Minute Lanes 

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
6.00pm - 6.30pm Training Pool	Last Minute Lanes 

SUNDAY	
8.00am - 10.00am Training Pool	Lane Swim
8.30am - 10.00am Leisure Pool	Lifesaving Club
10.00am - 4.00pm Leisure Pool	Casual Swim 
3.30pm - 4.00pm Leisure Pool	Last Minute Lanes 

Learn2Swim	
Monday	4.15pm - 7.15pm
Tuesday	10.00am - 12.00pm 3.45pm - 7.00pm
Wednesday	3.45pm - 6.15pm
Thursday	10.00am - 12.00pm 3.45pm - 8.30pm
Friday	10.00am - 12.00pm 3.45pm - 6.45pm
Saturday	8.15am - 2.00pm
Sunday	10.00am - 4.00pm

**POOL & FUEL &**

**GRAB A BITE TO EAT**

**AFTER YOUR SWIM**

8am - 6.30pm WEEKDAYS  
9am - 4pm WEEKENDS

**FOR JUST £1.50**

T&Cs Apply

**FLUME OPEN**

WEEKDAYS 4.00pm - 8.00pm  
WEEKENDS 10.00am - 4.00pm  
BANK HOLIDAYS 10.00am - 3.00pm

