

| MONDAY | |
|--------------------------------|-----------------------|
| 6.30am - 9.00am Main Pool | Lane Swim |
| 9.00am - 9.00pm Main Pool | Training Lane |
| 9.00am - 9.00pm Main Pool | Casual Swim |
| 9.00am - 7.00pm Small Pool | Family Fun Swim |
| 9.00pm - 10.30pm Main Pool | Adults Only Lane Swim |
| 10.00pm - 10.30pm Main Pool | Last Minute Lanes |



MERRY
CHRISTMAS
AND HAPPY NEW YEAR!

| FRIDAY | |
|--------------------------------------|------------------|
| 6.30am - 9.00am Main Pool | Lane Swim |
| 9.00am - 10.00am Main Pool | Ladies Only Swim |
| 9.00am - 10.00am Small Pool | Casual Swim |
| 10.00am - 1.30pm Small Pool | Family Fun Swim |
| 10.00am - 1.30pm Main Pool | Training Lane |
| 10.00am - 1.30pm Main Pool | Casual Swim |
| 1.45pm - 2.45pm Main & Small Pool | U16's Free Swim |
| 3.00pm - 7.00pm Small Pool | Family Fun Swim |
| 3.00pm - 7.00pm Main Pool | Casual Swim |
| 3.00pm - 7.00pm Main Pool | Training Lane |

| SATURDAY | |
|--------------------------------------|-----------------------|
| 9.00am - 10.00am Main Pool | Adults Only Lane Swim |
| 9.00am - 2.45pm Small Pool | Family Fun Swim |
| 10.00am - 2.45pm Main Pool | Casual Swim |
| 10.00am - 2.45pm Main Pool | Training Lane |
| 3.00pm - 4.00pm Main & Small Pool | Fun & Floats |

| SUNDAY | |
|-------------------------------|-----------------------|
| 9.00am - 10.00am Main Pool | Adults Only Lane Swim |
| 9.00am - 4.00pm Small Pool | Family Fun Swim |
| 10.00am - 4.00pm Main Pool | Training Lane |
| 10.00am - 4.00pm Main Pool | Casual Swim |

POOL & FUEL &

GRAB A BITE TO EAT

AFTER YOUR SWIM

8am - 6.30pm WEEKDAYS

9am - 4pm WEEKENDS

FOR JUST £1.50

T&Cs Apply