

10m Pool

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Mon-Fri	Closed					General Swimming until 3.30pm												Lessons					Closed					
Sat	Closed		Lessons			General Swimming until 3.00pm							Lessons			Closed												
Sun	Closed		Lessons			General Swimming until 3.30pm							Closed															

20m Pool

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Mon	Closed		Schools		Aqua Fit		Schools		Ladies Only		Schools					Lessons					Aqua Fit 7.45	Adult Lessons 8.45						
Tues	Closed		Adult Lessons 9.15	Schools				Disabled Session		Schools					Lessons			Available for hire	Swim Club		Ladies Only 8.30							
Wed	Closed		Aqua Tots 9.30-10		Schools				Adults Only		Schools					Lessons			Water Polo	Aqua Fit	Swim Fit 8.45							
Thurs	Closed		Schools			Aqua Fit		Adults Only		Schools					Lessons					Swim Club		Masters Swim						
Fri	Closed		Schools					40+		Schools					Lessons	Water Polo	Available for Hire	Water Polo	Advanced Lessons 8.30	Ladies Only								
Sat	Lessons				General Swimming until 4.30pm												Water Polo		Closed									
Sun	Closed		Lessons			General Swimming until 3.30pm							Water Polo					Closed										

Children allowed in 10m & 20m Pools only when accompanied by an adult.

33m Pool

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00
Mon	General Swimming					General Swimming (2 lanes in pool)					General Swimming					Fun Session	General Swimming					Lane Swim 7.50-8.40	Water Polo					
Tues	Closed		General Swimming					General Swimming (2 lanes in pool)					General Swimming until 5.50 (Slide on 4-5pm)					Swim Club					Closed					
Wed	Closed		General Swimming					General Swimming (2 lanes in pool)					General Swimming					Fun Session	General Swimming					Lane Swim 5.00-6.00	Water Polo			
Thurs	Closed		General Swimming					General Swimming (2 lanes in pool)					General Swimming (Slide on 4-4.45pm)					Lane Swim 5-5.50pm	Swimming Club					Closed				
Fri	General Swimming					General Swimming (2 lanes in pool)					General Swimming					Fun Session	General Swimming					Lane Swim 7.50-8.40	Closed					
Sat	Water Polo		General Swimming (slide on 10.30-11.30am)										Fun Session		General Swimming until 4.40 (2 lanes in pool 3.30-4.40)					Water Polo	Closed							
Sun	Closed		General Swimming (slide on 10.30-11.30am)										Fun Session		Swimming Club					Closed								

During fun sessions there will also be one lane in the pool During school holidays lunchtime lane swimming changes to 12-1.30 Monday to Friday
 During School Holidays Aqua Fit changes to a 9.15am start



Birthday Parties!

Let us take the hassle out of your child's birthday party. A one hour swimming session plus the exclusive use of a private room, all for just £3 per child! For more information or to make a booking call **01228 625777**. (minimum of 10 people)

