

SWIMMING TIMETABLE

Capacity may be reduced at various times due to lessons, clubs or classes

| | 06.15 08.30 | 08.30 09.30 | 09.30 10.00 | 10.00 10.30 | 10.30 11.00 | 11.00 12.00 | 12.00 13.00 | 13.00 14.00 | 14.00 15.00 | 15.00 16.00 | 16.00 17.00 | 17.00 18.00 | 18.00 19.00 | 19.00 20.00 | 20.00 21.00 |
|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| MON | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS | OPEN AQUA | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS |
| TUE | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS |
| WED | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS |
| THURS | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN AQUA |
| | 06.15 08.30 | 08.30 09.30 | 09.30 12.00 | 12.00 13.00 | 13.00 14.00 | 14.00 15.00 | 15.00 16.00 | 16.00 17.00 | 17.00 17.45 | 18.00 19.00 | 19.15 21.00 | | | | |
| FRI | FITNESS | OPEN | OPEN | FITNESS | OPEN | OPEN | OPEN | OPEN | OPEN | LEISURE | OPEN | | | | |
| | 08.00 09.00 | 09.00 10.00 | 10.00 11.00 | 11.00 12.30 | 12.30 15.30 | | | | | | | | | | |
| SAT | OPEN | OPEN | OPEN | OPEN | LEISURE | | | | | | | | | | |
| SUN | OPEN | OPEN | OPEN | OPEN | LEISURE | | | | | | | | | | |

AQUA FIT

- Exercise class takes place in a section of the Main Pool and includes music.

OPEN SWIM

- School swimming / Group Lessons.
- 'Swim for all' session including families. Lane swimming will be made available, where possible.

LEISURE SWIM

- Family fun session with the slide and Lazy River. No lane swimming available.

FITNESS SWIM

- Adult lane-based session. Fast, Medium & Slow lanes available. Swim in a clockwise direction. Teenagers (age 13 – 16) must be accompanied by a guardian in the water. Learner pool is not available.

STROKE TECHNIQUE

Our expert swimming instructor will be available to give you information and advice on how to improve your swimming technique.

Sixmile: Tue 8-8.30pm

BABY AND TODDLER ADVICE SESSION

Improve your toddlers water confidence and get free hints and tips from our expert instructor.

Sixmile: Mon & Fri 9.30-10.30am