

# MAIN POOL TIMETABLE

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

	06.15 09.00	09.00 09.30	09.30 10.00	10.00 10.30	10.30 11.00	11.00 11.30	11.30 12.00	12.00 13.00	13.00 13.30	13.30 14.00	14.00 14.30	14.30 15.30	15.30 16.00	16.00 18.00	18.00 19.00	19.00 20.00	20.00 21.00
<b>MON</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>TUE</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>WED</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN AQUA	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>THURS</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
	06.15 09.00	09.00 09.30	09.30 10.00	10.00 10.30	10.30 11.00	11.00 11.30	11.30 12.00	12.00 13.00	13.00 13.30	13.30 14.00	14.00 14.30	14.30 15.30	15.30 16.00	16.00 17.45	18.00 19.00	19.00 20.00	20.00 21.00
<b>FRI</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	OPEN	FITNESS
	08.00 08.30	08.30 09.00	09.00 11.00	11.00 12.15	12.30 15.30												
<b>SAT</b>	OPEN	OPEN	OPEN	OPEN	LEISURE												
<b>SUN</b>	FITNESS	FITNESS	OPEN	OPEN	LEISURE												

### AQUA FIT

- Exercise class takes place in a section of the Main Pool and includes music. Tue & Thurs 11.30-12.15 & Wed 14.00-14.45.

### OPEN SWIM

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

### LEISURE SWIM

- Family fun session with the slide and floats. 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.

### BABY AND TODDLER ADVICE SESSION

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

Valley: Fri 9.30-10.30am

# LEARNER POOL TIMETABLE

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	06.15 09.00	09.00 09.30	09.30 10.00	10.00 11.00	11.00 11.30	11.30 12.00	12.00 13.00	13.00 13.30	13.30 14.00	14.00 14.30	14.30 15.00	15.00 17.30	17.30 18.00	18.00 19.00	19.00 20.00	20.00 21.00
<b>MON</b>	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN	CLOSED	OPEN	OPEN	CLOSED	CLOSED	OPEN	OPEN	CLOSED
<b>TUE</b>	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	CLOSED	CLOSED	OPEN	OPEN	OPEN	CLOSED
<b>WED</b>	CLOSED	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	CLOSED	OPEN	OPEN	CLOSED	OPEN	OPEN	OPEN	CLOSED
<b>THURS</b>	CLOSED	OPEN	CLOSED	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	CLOSED	CLOSED	OPEN	OPEN	CLOSED
	06.15 09.00	09.00 09.30	09.30 10.30	10.30 11.00	11.00 11.30	11.30 12.00	12.00 13.00	13.00 13.30	13.30 14.00	14.00 14.30	14.30 15.00	15.00 17.30	17.30 17.45	18.00 19.00	19.00 20.00	20.00 21.00
<b>FRI</b>	CLOSED	OPEN	OPEN PARENT & TODDLER	CLOSED	OPEN	CLOSED	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	OPEN	CLOSED
	08.00 08.30	08.30 09.00	09.00 11.00	11.00 12.15	12.30 15.30											
<b>SAT</b>	OPEN	CLOSED	CLOSED	OPEN	LEISURE											
<b>SUN</b>	CLOSED	CLOSED	OPEN	OPEN	LEISURE											

● Parent & Toddler – Instructor led drop in session no booking required

● Closed for group lessons

● Family fun session with floats

● Open