

SIXMILE

MORE
active, often...



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 12.15	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