

VALLEY

TUE 1 JUL – FRI 29 AUG 2025

MORE
active, often...



SUMMER SWIMMING PROGRAMME

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 14.45	14.45 15.30	15.30 16.00	16.00 18.00	18.00 19.00	19.00 20.00	20.00 21.00
MON	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	LEISURE	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
TUE	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA	FITNESS	OPEN	OPEN	LEISURE	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
WED	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN AQUA	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
THURS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA	FITNESS	OPEN	OPEN	LEISURE	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 14.45	14.45 15.30	15.30 16.00	16.00 17.45	18.00 19.00	19.00 20.00	20.00 21.00
FRI	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	LEISURE	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												
SAT	OPEN	OPEN	OPEN	OPEN	LEISURE												
SUN	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

- Lane based session. Swim in a clockwise direction. Fast, medium and slow lanes available. Teenagers must be accompanied by a guardian. 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

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LEARNER POOL TIMETABLE

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	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 18.00	18.00 19.00	19.00 20.00	20.00 21.00
MON	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN	OPEN	LEISURE	LEISURE	CLOSED	CLOSED	OPEN	OPEN	CLOSED
TUE	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN	OPEN	LEISURE	LEISURE	CLOSED	CLOSED	OPEN	OPEN	CLOSED
WED	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	OPEN	OPEN	CLOSED
THURS	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN	OPEN	LEISURE	LEISURE	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
FRI	CLOSED	OPEN	OPEN PARENT & TODDLER	OPEN	OPEN	OPEN	CLOSED	OPEN	OPEN	LEISURE	LEISURE	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											
SAT	OPEN	CLOSED	CLOSED	OPEN	LEISURE											
SUN	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