

# 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 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 15.30	15.30 16.00	16.00 18.00	18.00 18.30	18.30 19.00	19.00 20.00	20.00 21.00	
<b>MON</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>TUE</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>WED</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>THURS</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
<b>FRI</b>	FITNESS	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	LEISURE	OPEN	OPEN	
<b>SAT</b>	08.00 08.30	08.30 09.00	09.00 10.00	10.00 11.00	11.00 12.30	12.30 15.30												
<b>SUN</b>	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE												

**AQUA FIT**

- Exercise class takes place in a section of the Main Pool and includes music. Mon 7.15-8pm & Tues 11.15-12noon. Pool is open for public swimming.

**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 floats. No lane swimming available.

**FITNESS SWIM**

- Lane based session. Swim in a clockwise direction. Fast, medium and slow lanes available. Teenagers (age 13 and above) must be accompanied by a guardian.

**STROKE TECHNIQUE**

- Swimming instructor will be available every Tues evening from 8-9pm to provide information on how to improve your swimming technique.
- Drop in session, no booking required.

# LEARNER POOL TIMETABLE

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

	06.15 09.00	09.00 11.00	11.00 11.30	11.30 12.00	12.00 13.00	13.00 15.00	15.00 15.30	15.30 16.00	16.00 16.30	16.30 17.00	17.00 17.30	17.30 18.00	18.00 18.30	18.30 19.00	19.00 20.00	20.00 21.00
<b>MON</b>	CLOSED	OPEN	OPEN PARENT & TODDLER	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
<b>TUE</b>	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	OPEN	OPEN	OPEN	OPEN
<b>WED</b>	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN	CLOSED	OPEN	CLOSED	OPEN	OPEN	OPEN	OPEN
<b>THURS</b>	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	OPEN	OPEN	OPEN
<b>FRI</b>	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	LEISURE	OPEN	OPEN
	08.00 08.30	08.30 09.00	09.00 10.00	10.00 11.00	11.00 12.30	12.30 15.30										
<b>SAT</b>	OPEN	OPEN	CLOSED	CLOSED	OPEN	LEISURE										
<b>SUN</b>	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE										