

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 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 16.00	16.00 18.00	18.00 18.30	18.30 19.00	19.00 20.00	20.00 21.00
MON	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AQUA	FITNESS
TUE	FITNESS	OPEN	OPEN	OPEN	OPEN AQUA	OPEN AQUA	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS STROKE TECHNIQUE
WED	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
THURS	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS
FRI	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	FITNESS	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	LEISURE	OPEN	OPEN
SAT	08.00 08.30	08.30 09.00	09.00 10.00	10.00 11.00	11.00 12.30	12.30 15.30											
SUN	FITNESS	FITNESS	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

- Adult lane-based session. Fast, Medium & Slow lanes available. Teenagers (age 13 – 16) must be accompanied by a guardian in the water.

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

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	06.15 09.00	09.00 10.00	10.00 10.30	10.30 11.00	11.00 11.30	11.30 12.00	12.00 14.00	14.00 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 21.00
MON	CLOSED	OPEN	OPEN PARENT & TODDLER	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	OPEN	OPEN
TUE	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	OPEN	OPEN
WED	CLOSED	OPEN	OPEN	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	OPEN	OPEN
THURS	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	OPEN	OPEN	OPEN	OPEN
FRI	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE	LEISURE	OPEN
SAT	08.00 08.30	08.30 09.00	09.00 10.00	10.00 11.00	11.00 12.30	12.30 15.30											
SAT	OPEN	OPEN	CLOSED	CLOSED	OPEN	LEISURE											
SUN	OPEN	OPEN	OPEN	OPEN	OPEN	LEISURE											

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

● Closed for group lessons

● Family fun session with floats

● Open