

MAIN POOL SCHEDULE																																		
TIME	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30		
MON																																		
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SAT																																		
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SMALL POOL SCHEDULE																																		
TIME	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30		
MON																																		
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**Parent and child Duckling classes** – small pool is out of use while these classes take place.

**121/221 swimming lessons** take place at any time during the day in lane 1 or 4 of the main pool. These lanes are unavailable when they are taking place.

Swim Fit -30 minutes in the pool with a specialist teacher who will guide you through the pool-based activities and give you advice on swimming technique \*These sessions take place in the 'open swim' half of the pool, there will be at least 1 swim lane available for use depending on class numbers.

**Children's Swimming Lessons and 121** \*\* Children's Swimming Lessons take place in one swim lane; 3 lanes of the main pool are still available for use. The small pool is unavailable during group lesson times, and shared with 121 taking place.

**Family Fun Splash session** - Entire Small Pool used with floats.

**ADULT ONLY SWIMMING** – swimming times for Adults only. Any under 16's should not be using the pool outside of their membership times.

**Aqua** – **2 lanes** out of use while the class is on. If the class is busy, **3 lanes** will be out of use

**Hydrotherapy** – entire small pool is out of use.

**Note: White blocks are free swim times when the pool is available for all access (Within permitted membership times)**