



Pool Availability Times from Monday 19th July 2021

MAIN POOL - INDOOR

| | 630 | 700 | 730 | 800 | 830 | 900 | 930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 | 1430 | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 1930 | 2000 | 2030 | 2100 |
|-----|-----|-----|-----|-----|-----|-----------------|-----|------|------|------|------|------|------|------|------|---------------|------|---------------|------|------|---------------|------|------|------|------|------|------|------|------|------|
| MON | | | | | | 10.45-11.30am | | | | | | | | | | 3.45-6.30pm | | | | | | | | | | | | | | |
| TUE | | | | | | | | | | | | | | | | 4.00-6.30pm | | | | | 19.00-19.45pm | | | | | | | | | |
| WED | | | | | | | | | | | | | | | | 4.20 - 6.30pm | | | | | | | | | | | | | | |
| THU | | | | | | | | | | | | | | | | 3.00-3.30pm | | 4.20 - 6.30pm | | | 19.30-20.15pm | | | | | | | | | |
| FRI | | | | | | 10.15-11.00am | | | | | | | | | | | | | | | | | | | | | | | | |
| SAT | | | | | | 9.20am-1.20pm | | | | | | | | | | | | | | | | | | | | | | | | |
| SUN | | | | | | 9.00am - 2.15pm | | | | | | | | | | | | | | | 16.45-17.30pm | | | | | | | | | |

- Adult only Swimming
- Childrens Swimming Lessons & Adult 121s
- Aqua Fit *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
- Swim Fit - 30 minutes in the pool with a specialist who will guide you through the pool based activities available and give tips on technique. Bookable at Reception

LEARNER POOL

| | 630 | 700 | 730 | 800 | 830 | 900 | 930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 | 1430 | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 |
|-----|-----|-----|-----|-----|-----|----------------|-----|------|------|------|------|------|------|------|------|---------------|------|------|------|------|------|------|------|------|
| MON | | | | | | 9.30am-11.45am | | | | | | | | | | 3.45-4.15pm | | | | | | | | |
| TUE | | | | | | | | | | | | | | | | | | | | | | | | |
| WED | | | | | | | | | | | | | | | | 16.15-17.00pm | | | | | | | | |
| THU | | | | | | | | | | | | | | | | 3.45pm-5.00pm | | | | | | | | |
| FRI | | | | | | | | | | | | | | | | | | | | | | | | |
| SAT | | | | | | 8.45-12.45pm | | | | | | | | | | | | | | | | | | |
| SUN | | | | | | 8.45-2.15pm | | | | | | | | | | | | | | | | | | |

- Adult only Swimming
- Childrens Swimming Lessons
- Childrens Splash Session

OUTDOOR POOL

| | 630 | 700 | 730 | 800 | 830 | 900 | 930 | 1000 | 1030 | 1100 | 1130 | 1200 | 1230 | 1300 | 1330 | 1400 | 1430 | 1500 | 1530 | 1600 | 1630 | 1700 | 1730 | 1800 | 1830 | 1900 | 1930 | 2000 | 2030 | 2100 |
|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| MON | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WED | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| THU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

- Adult only Swimming