

# INDOOR POOL - Non Term Time Monday 14th April - 20th April

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
MON	Lane 1	Adult Only Swim			Lane Swim	Swim Crash Course		Adult Only Swim	Lane Swim							Adult Only Swim	
	Lane 2	Adult Only Swim			Lane Swim	Lane Swim		Adult Only Swim	Lane Swim							Adult Only Swim	
	Lane 3	Adult Only Swim			General Swim			HIIT Aqua - 10.50am	Adult Only Swim	General Swim			Kids Camps	General Swim			Adult Only Swim
	Lane 4	Adult Only Swim			General Swim				Adult Only Swim	General Swim			Kids Camps	General Swim			Adult Only Swim
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
TUES	Lane 1	Adult Only Swim			Lane Swim	Swim Crash Course		Adult Only Swim	Lane Swim							Adult Only Swim	
	Lane 2	Adult Only Swim			Lane Swim			Adult Only Swim	Lane Swim							Adult Only Swim	
	Lane 3	Adult Only Swim				Aqua 9.45am	General Swim		Adult Only Swim	General Swim			Kids Camps	General Swim			Adult Only Swim
	Lane 4	Adult Only Swim				Aqua 9.45am	General Swim		Adult Only Swim	General Swim			Kids Camps	General Swim			Adult Only Swim
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
WED	Lane 1	Adult Only Swim			Adult Swim T's	Swim Crash Course		Adult Only Swim	Lane Swim		3-4pm	Float Session	5-6pm	Lane Swim		Adult Only Swim	
	Lane 2	Adult Only Swim				Lane Swim		Adult Only Swim	Lane Swim		3-4pm		Lane Swim		Adult Only Swim		
	Lane 3	Adult Only Swim			General Swim		Aqua - 10.30am	General Swim	Adult Only Swim	General Swim		Kids Camps	Float Session	General Swim		Adult Only Swim	
	Lane 4	Adult Only Swim			General Swim		Aqua - 10.30am	General Swim	Adult Only Swim	General Swim		Kids Camps		General Swim		Adult Only Swim	
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
THUR	Lane 1	Adult Only Swim			Lane Swim	Swim Crash Course		Adult Only Swim	Lane Swim		3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	Adult Only Swim	
	Lane 2	Adult Only Swim			Lane Swim			Adult Only Swim	Lane Swim							Adult Only Swim	
	Lane 3	Adult Only Swim			General Swim			Aqua 11am	Adult Only Swim	General Swim		Kids Camps	General Swim			Adult Only Swim	
	Lane 4	Adult Only Swim			General Swim			Aqua 11am	Adult Only Swim	General Swim		Kids Camps	General Swim			Adult Only Swim	
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
FRI	Lane 1			Adult Only		Swim Crash Course		Adult Only Swim	Lane Swim								
	Lane 2			Adult Only	Lane Swim		Adult Only Swim	Lane Swim									
	Lane 3			Adult only	Aqua 9am	General Swim		Adult Only Swim	General Swim		Kids Camps	General Swim					
	Lane 4																
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
SAT	Lane 1			Adult Only Swim	9-10am	10-11am	11am-12pm	12-1pm	1-2pm		2-3pm		3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
	Lane 2			Adult Only Swim	Lane Swim				Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim			Adult Only		
	Lane 3			Lane Swim				Lane Swim				Adult Only					
	Lane 4	Adult Only Swim		Aqua 8.45am	General Swim						General Swim			Adult Only Swim			
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
SUN	Lane 1			Adult Only Swim	Lane Swim				Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim			Adult Only		
	Lane 2			Lane Swim				Lane Swim				Adult Only					
	Lane 3			Adult Only Swim	General Swim						General Swim			Adult Only Swim			
	Lane 4																

\*\*\* Inflatable Session - Indoor Pool, Sauna and Steam room is closed for set up / take down from 1pm to 1.30pm & 2.30pm to 3pm

# OUTDOOR POOL - Non Term Time Monday 14th April - 20th April

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
MON	Lane 1	Adult Only			Lane Swim *									Adult Only	
	Lane 2	Adult Only			Lane Swim *									Adult Only	
	Lane 3	Adult Only			General Swim									Adult Only	
	Lane 4	Adult Only			General Swim									Adult Only	
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
TUES	Lane 1	Adult Only			Lane Swim *									Adult Only	
	Lane 2	Adult Only			Lane Swim *									Adult Only	
	Lane 3	Adult Only			General Swim		H.S. - 11am	General Swim					Adult Only		
	Lane 4	Adult Only			General Swim		H.S. - 11am	General Swim					Adult Only		
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
WED	Lane 1	Adult Only			Lane Swim *									Adult Only	
	Lane 2	Adult Only			Lane Swim *									Adult Only	
	Lane 3	Adult Only			General Swim									Adult Only	
	Lane 4	Adult Only		Hydro Circuit	General Swim									Adult Only	
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
THUR	Lane 1	Adult Only			Adult Swim T's	Lane Swim *								Adult Only	
	Lane 2	Adult Only				Lane Swim *								Adult Only	
	Lane 3	Adult Only			General Swim				Hydro Circuit	General Swim			Adult Only		
	Lane 4	Adult Only			General Swim				Hydro Circuit	General Swim			Adult Only		
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	
FRI	Lane 1			Adult Only	Lane Swim*									Adult Only	
	Lane 2					Adult Only	Lane Swim*								
	Lane 3					Adult Only	General Swim		Hydro Circuit	General Swim					
	Lane 4					Adult Only	General Swim		Hydro Circuit	General Swim					
		6-7am	7-8am			8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm
SAT	Lane 1			Adult Only	Lane Swim									Adult Only	
	Lane 2					Adult Only	Lane Swim								
	Lane 3					Adult Only	General Swim								
	Lane 4					Adult Only	General Swim								
		6-7am	7-8am			8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm
SUN	Lane 1			Adult Only	Lane Swim									Adult Only	
	Lane 2					Adult Only	Lane Swim								
	Lane 3					Adult Only	General Swim								
	Lane 4					Adult Only	H.S. - 8.10am	General Swim							

\* Lane Swim - In case of overcrowding this lane swim will turn into General swim