

INDOOR POOL - Term Time Monday 21st April to Sunday 25th May 2025

		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			Adult Swim Ts*	Lane Swim				Swim Lessons					Adult Swim Ts*	Adult Only
	Lane 2	Adult Only				Lane Swim	Lane Swim	Lane Swim								
	Lane 3	Adult Only			General Swim			HIIT Aqua - 10.50am		Lane Swim	General Swim				General Swim	Adult Only
	Lane 4	Adult Only								Lane Swim	Swim Lessons				General Swim	
TUES		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
	Lane 1	Adult Only				Lane Swim				Swim Lessons					Lane Swim	Adult Only
	Lane 2	Adult Only				Lane Swim				Lane Swim				Lane Swim	Adult Only	
	Lane 3	Adult Only			G. Swim	Aqua 9.45am	General Swim	Lane Swim		General Swim				General Swim		General Swim
Lane 4	Adult Only							Lane Swim		Swim Lessons				General Swim		
WED		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
	Lane 1	Adult Only			Adult Swim Ts	Lane Swim			Beg Adult Swim	Swim Lessons					Ady't Swim T's	Adult Only
	Lane 2	Adult Only				Lane	Lane Swim			Lane Swim				Lane Swim		
	Lane 3	Adult Only			Aqua 10.30am			G. Swim		Lane Swim	General Swim				General Swim	General Swim
Lane 4	Adult Only			General Swim						Swim Lessons				General Swim		
THUR		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
	Lane 1	Adult Only			Lane Swim				Swim Lessons					Lane Swim	Adult Only	
	Lane 2	Adult Only			Lane Swim				Lane Swim				Lane Swim	Adult Only		
	Lane 3	Adult Only			Aqua 11am				Lane Swim	General Swim					General Swim	General Swim
Lane 4	Adult Only			General Swim						Swim Lessons				General Swim		
FRI		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
	Lane 1	Adult Only			Lane Swim				Swim Lessons					Staff Swim Lesson	Lane Swim	Adult Only
	Lane 2	Adult Only			Lane Swim				Lane Swim				Lane Swim		Adult Only	
	Lane 3	Adult Only			Aqua 9am	General Swim			Lane Swim	General Swim				General Swim		Adult Only
Lane 4	Adult Only			General Swim						Swim Lessons				General Swim		
SAT		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	
	Lane 1		Adult Only		Swim Lessons			Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim					
	Lane 2		Adult Only		Lane Swim						Lane Swim					
	Lane 3		Adult Only	Aqua 8.45am	General Swim						General Swim					Lane Swim
Lane 4		Adult Only									General Swim					
SUN		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	
	Lane 1		Adult Only		Swim Lessons			Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim					
	Lane 2		Adult Only		Lane Swim						Lane Swim					
	Lane 3		Adult Only		General Swim						General Swim					Lane Swim
Lane 4		Adult Only									General Swim					

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

\* Adult Swim on Monday 21st April is cancelled due to the Bank Holiday

Outdoor Pool - Term Time Monday 21st April to Sunday 25th May 2025

		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
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	
TUES		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
	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															
WED		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
	Lane 1	Adult Only			Lane Swim *									Adult Only	
	Lane 2	Adult Only			Lane Swim *									Adult Only	
	Lane 3	Adult Only		Hydro Circuit 8am	General Swim						Adult Only				
Lane 4															
THUR		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
	Lane 1	Adult Only			Adult Swim Ts	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
FRI		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
	Lane 1	Adult Only			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															
SAT		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	
	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	
SUN		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	
	Lane 1		Adult Only		Lane Swim*									Adult Only	
	Lane 2		Adult Only		Lane Swim*									Adult Only	
	Lane 3		Adult Only	H.S. - 8.10am	General Swim						Adult Only				
Lane 4														Adult Only	

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