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

		6.7	7.0	0.0	0.10		40.44	1 44 13 [42.4	1.3		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7.0	0.0
	Lane 1	6-7am 7-8am 8-9am Adult Only		9-10am		10-11am 11am-12pm Lane Swim		12-1pm	1-2p	m	z-spin		n Lessons			7-8pm	8-9pm Adult Only	
MON		Adult Only Adult Only		Adult Swim Ts*		Laura Contra	Lane Swim		-			Lane Swim	LESSOIIS	SOIIS		Adult Swim Ts*		
	Lane 2					Lane Swim General Swim	HIIT Aqua - 10.50am	Lane Swim	Lane Swi				AIM				Adult Only	
	Lane 3	A dista Costs							General Swim				General Swim Swim Lessons			General Swim		
	Lane 4	Adult Only															Adult Only	
	Edite 4																	
		6-7am	7-8am	8-9am	0 10-	m	10-11am	11am-12pm	12-1pm	1-2p	_	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	Adult Only		9-10am			ne Swim	12-1piii	1-20		2-3piii		Lessons	3-opin	0-7 pili	Lane Swim	Adult Only	
		Adult Only						ane Swim	-			Lane Swim						
TUES	Lane 2	Adult Only Adult Only						ane swim	Lane Swim							Lane Swim	Adult Only	
	Lane 3			G. Swim		Aqua 9.45am	General Swim	Lane Swim	General Swim				General Swim			General Swim	Adult Only	
	Lane 4				S. 5			General Swiiii	Luite Jwiiii	General Swilli			Swim Lessons			Selicial Swilli	Addit Only	
		6-7am	7-8am	8-9am	9-10a	ım	10-11am	11am-12pm	12-1pm	1-2p	m	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
WED	Lane 1	Adult Only		Adult Swim Ts Lane Swim General Swim			Lane Swim		Beg Adult Swim		General Swim		Swim Lessons			Adylt Swim T's	Adult Only	
	Lane 2	Adult Only				Lane Swim	Aqua 11am						Lane Swim		Adyleswiii 13	Adult Only		
	Lane 3	Adult Only						Lane Swim					General Swim		General Swim	Adult Only		
	Lane 4									Gei	eneral Swiiii			Swim Lesson	s	General Swiiii	Additionly	
		6-7am	7-8am	8-9am	9-10a	ım	10-11am	11am-12pm	12-1pm	1-2p	m	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
THUR	Lane 1							Lane Swim						Lessons			Lane Swim	Adult Only
	Lane 2	Adult Only			Lane Swim				Lane Swim	Lane Swim						Lane Swim	Adult Only	
	Lane 3	Adult Only		General S		Swim	Aqua 11am	Lane Swim	General Swim				General Swim			General Swim	Adult Only	
	Lane 4	Addit Only				5.6						Swim Lessons			General Swiiii	riddit Om,		
	-																	
		6-7am	7-8am	8-9am	9-10a	ım	10-11am	11am-12pm	12-1pm	1-2p	m	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
Œ	Lane 1	Adult Only				Lane Swim Lane Swim				Swim Le						Lane Swim	Adult Only	
	Lane 2	Adult Only Adult Only				Lane Swim		1					Lane Swim			General Swim	Adult Only	
	Lane 3			Aqua 9am		General Swim		Lane Swim	General Swim				General Swim Swim Lessons				Adult Only	
	Lane 4																	
	I	6-7am	7-8am	8-9am	9-10a	ım	10-11am	11am-12pm	12-1pm	1-2p	m	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
	Lane 1		Adult Only					n Lessons							Lane Sw	vim .	·	
H	Lane 2	Adult Only						Lane Swim		Closed Set Up	Inflatable	e Closed Take	Lane Swim					
SAT	Lane 3	Adult Out Aqua 8		.45am		General Swim		Session *	** Down			Committee in			Laura Continu			
1	Lane 4	Adult Only						36331011				General Swim			Lane Swim			
										A								
	ĺ	6-7am	7-8am	8-9am	9-10a	ım	10-11am	11am-12pm	12-1pm	1-2p	m	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
SUN	Lane 1	1 Adult Only			Swim Lessons			-				·	Lane Swim			•		
	Lane 2	Adult Only								Closed Take Closed Take					Lane Sw			
	Lane 3	Adula Only			Construct Confess				Closed Set Up Session *** Down				Company Studen			Laura Contra		
	Lane 4		Adult Only				Gen	General Swim		Session			General Swim			Lane Swim		

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

Outdoor Pool - Term Time Monday 21st April to Sunday 25th May 2025 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 Adult Only Adult Only Adult Only Lane Swim Lane 1 Lane 2 Adult Only Lane Swim * Lane 3 Adult Only **General Swim** Adult Only Lane 4 11am-12pm Adult Only Lane Swim * Adult Only Lane 1 Adult Only Adult Only Lane Swim * Lane 3 Adult Only **General Swim** H.S. - 11am **General Swim Adult Only** 7-8am 8-9am 9-10am 10-11am 11am-12pm 12-1pm 1-2pm 3-4pm 4-5pm 5-6pm 6-7pm 7-8pm 6-7am 2-3pm Adult Only Adult Only Lane Swim ' Lane 2 Lane 3 Adult Only Hydro Circuit 8am **General Swim Adult Only** 9-10am 10-11am 11am-12pm 12-1pm 3-4pm 4-5pm 6-7pm Adult Only Lane Swim * Adult Only Adult Only Lane 2 **Adult Swim Ts** Lane Swim * Adult Only Lane 3 Adult Only **General Swim Hydro Circuit General Swim** Adult Only 6-7pm Adult Only Lane 1 Lane 2 Lane 3 Adult Only Lane Swim* Lane Swim* Adult Only 쮼 Adult Only **General Swim Hydro Circuit Adult Only General Swim** 6-7am 9-10am 10-11am 11am-12pm 7-8am 8-9am 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm Adult Only Lane 1 Lane 2 Lane 3 Adult Only Lane Swim Adult Only SAT **Adult Only General Swim Adult Only** 6-7am 7-8am 10-11am 11am-12pm 12-1pm 6-7pm **Adult Only** Lane Swim* **Adult Only** Adult Only Adult Only Lane Swim* Lane 2 SUN H.S. - 8.10am

General Swim

Adult Only

^{*} Lane Swim - In case of overcrowding this lane swim will turn into General swim