

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

MON		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		Lane Swim	1-2pm	Swim Lessons					Adult Swim Ts*	Adult Only
	Lane 2	Adult Only				Lane Swim	Lane Swim	Lane Swim					Adult Only			
	Lane 3	Adult Only				General Swim	HIIT Aqua - 10.50am	Lane Swim	General Swim			General Swim		General Swim		Adult Only
	Lane 4											Swim Lessons				
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		Lane Swim	1-2pm	Swim Lessons					Lane Swim	Adult Only
	Lane 2	Adult Only				Lane Swim		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	Adult Only	
	Lane 4											Swim Lessons				
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		Lane Swim	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adult Only				Lane Swim	Lane Swim	Beg Adult Swim	Swim Lessons					Adytl Swim T's	Adult Only	
	Lane 3	Adult Only				General Swim	Aqua 11am	Lane Swim	General Swim			General Swim		General Swim	Adult Only	
	Lane 4											Swim Lessons				
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		Lane Swim	1-2pm	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 Swim		Aqua 11am	Lane Swim	General Swim			General Swim		General Swim	Adult Only	
	Lane 4											Swim Lessons				
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		Lane Swim	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adult Only			Aqua 9am	Lane Swim		Lane Swim	Lane Swim					Lane Swim	Adult Only	
	Lane 3	Adult Only				General Swim		Lane Swim	General Swim			General Swim		General Swim	Adult Only	
	Lane 4						Swim Lessons									
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		Aqua 8.45am		General Swim		General Swim									
	Lane 4											General Swim			Lane 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 4											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

		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															
TUES	Lane 1	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 2	Adult Only			Lane Swim *									Adult Only		
	Lane 3	Adult Only			Lane Swim *									Adult Only		
	Lane 4	Adult Only			General Swim		H.S. - 11am	General Swim						Adult Only		
WED	Lane 1	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 2	Adult Only			Lane Swim *									Adult Only		
	Lane 3	Adult Only			Lane Swim *									Adult Only		
	Lane 4	Adult Only		Hydro Circuit 8am	General Swim									Adult Only		
THUR	Lane 1	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 2	Adult Only			Adult Swim Ts	Lane Swim *								Adult Only		
	Lane 3	Adult Only				Lane Swim *								Adult Only		
	Lane 4	Adult Only				General Swim			Hydro Circuit	General Swim			Adult Only			
FRI	Lane 1	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 2	Adult Only			Lane Swim*									Adult Only		
	Lane 3	Adult Only			Lane Swim*									Adult Only		
	Lane 4	Adult Only			General Swim		Hydro Circuit	General Swim						Adult Only		
SAT	Lane 1	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 2		Adult Only		Lane Swim*									Adult Only		
	Lane 3		Adult Only		Lane Swim*									Adult Only		
	Lane 4		Adult Only		General Swim									Adult Only		
SUN	Lane 1	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 2		Adult Only		Lane Swim*									Adult Only		
	Lane 3		Adult Only		Lane Swim*									Adult Only		
	Lane 4		Adult Only		H.S. - 8.10am	General Swim						Adult Only				

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