INDOOR POOL - Non Term Time Monday 7th July- 3rd August

		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		Lane Swim	Lane Swim Crash Course		Adult Only		Lane Swim						Adult Only
	Lane 2	Adult Only		Lane Swim	Lane Swim Lane Swim		Adult Only		Lane Swim						Adult Only	
	Lane 3	411101		General Swim												
	Lane 4	Adult Only				HIIT Aqua - 10.50am	Adult Only	General Swim		Kids Camps Genera			al 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	7-8pm	8-9pm
TUES	Lane 1	Adult Only		Lane Swim Crash Course			Adult Only	Lane Swim							Adult Only	
	Lane 2	Adult Only		Lane Swim			Adult Only		Lane Swim						Adult Only	
	Lane 3	Adult Only		Aqua 9.45am General Swim		aneral Swim Adu	Adult Only	Only Genera	l Swim	Kids Camps		General Swim			Adult Only	
	Lane 4					Jeneral Jwilli	Addit Only	Genera	General Strain				Addit Only			
		6-7am	7.0	8-9am	9-10am	10-11am	11 12	12-1pm	1 2	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	6-7am	6-7am 7-8am 8-9am Adult Only		9-10am	10-11am 11am-12pm Swim Crash Course		Adult Only	1-2pm	2-3pm Lane Swim	3-4pm	4-5pm	5- 6 pm	Lane Swim	7-8pm	Adult Only
WED	Lane 2	Adult Only		Adult Swim T's	Lane Swim		Adult Only	Lane Swim					Lane Swim		Adult Only	
	Lane 3		,					,				Float Session				
	Lane 4	Adult Only		General Swim		Aqua - 11am	Adult Only	General Swim		Kids Camps		General Swim		Adult Only		
THUR	Lane 1	6-7am	7-8am Adult Only	8-9am	9-10am Lane Swim	10-11am Swim Cra	11am-12pm	12-1pm Adult Only	1-2pm	2-3pm	3-4pm Lane S	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm Adult Only
	Lane 2	Adult Only Adult Only					Adult Only	Lane Swim						Adult Only		
	Lane 3	·					,									
	Lane 4	Adult Only		General Swim Aqua 11am		Adult Only	General Swim		Kids Camps General S			Swim		Adult Only		
	11	6-7am	7-8am Adult Only	8-9am	9-10am	10-11am	11am-12pm	12-1pm Adult Only	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm Staff Swim	7-8pm Lane Swim	8-9pm Adult Only
Œ	Lane 1 Lane 2	Adult Only Adult Only		Swim Crash Course			Adult Only	Lane Swim Staff Swim Lane Sv Lane Swim					Lane Swiiii	Adult Only		
	Lane 3	Additionly		Earle Swiff		Additionly	General Swim		Latte 3	Luiic Swiiii						
		Adult Only		Aqua 9am General Swim					Adult Only	Kids Camps		Genera	il Swim		Adult Only	
	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	1
	Lane 1	Adult Only		Lane Swim						Lane Swim				Adult Only		
5	Lane 2	Adult Only		Lane Swim			Closed Set Inflatable S	Closed Take	Lane Swim				Adult Only			
SA.	Lane 3	Adult Only Aqua 8.45a		m General Swim			Un Down			General	neral Swim Adult Only					
	Lane 4								Adult Only							
	I	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	1
SUN	Lane 1	Adult Only		2 200111	Lane Swim						Lane Swim			Adult Only		
	Lane 2	Adult Only		Lane Swim			Closed Set		Lane Swim							
	Lane 3	Adult Only		General Swim			Up Inflatable Session *** Down			General Swim			Adult Only	1		
	Lane 4						General Swim A					Adult Only				

^{***} 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 7th July- 3rd August 6-7am 7-8am 8-9am 9-10am 10-11am 11am-12pm 12-1pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm 7-8pm Adult Only Adult Only Adult Only Adult Only Lane Swim ³ Lane 2 Lane Swim * Lane 3 **Adult Only Adult Only General Swim** Lane 4 6-7am 8-9am 9-10am 10-11am 11am-12pm 12-1pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm 7-8pm 1-2pm Adult Only Lane 1 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 8-9am 9-10am 10-11am 11am-12pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm 7-8pm Lane 1 Adult Only Adult Only Adult Only Lane Swim ³ Lane 2 Adult Only Lane Swim * Lane 3 **Adult Only Hydro Circuit 8am General Swim Adult Only** 7-8am 10-11am 11am-12pm 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 7-8pm Adult Only Lane 2 Adult Only Adult Swim T's Adult Only Lane 3 Adult Only Adult Only **General Swim** Lane 4 6-7am 7-8am 8-9am 9-10am 10-11am 12-1pm 5-6pm 11am-12pm 1-2pm 2-3pm 3-4pm 4-5pm 6-7pm 7-8pm Lane Swim Adult Only Adult Only Lane 2 Adult Only Lane 3 Hydro Circuit 11.10am **Adult Only Adult Only General Swim General Swim** 6-7am 7-8am 8-9am 9-10am 10-11am 11am-12pm 12-1pm 2-3pm 3-4pm 4-5pm 6-7pm 1-2pm 5-6pm Lane 1 Adult Only Adult Only Lane Swim Adult Only Adult Only Lane 2 Lane 3 **Adult Only General Swim Adult Only** Lane 4 7-8am 9-10am 10-11am 11am-12pm 6-7am 8-9am 12-1pm 1-2pm 2-3pm 3-4pm 4-5pm 5-6pm 6-7pm **Adult Only Adult Only** Lane Swim Lane 2 Lane 3 **Adult Only** H.S. - 8.10am **General Swim Adult Only** Lane 4

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