INDOOR POOL - Term Time Monday 1st September to Sunday 19th October 2025

		6-7am 7-8am 8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	1	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 1	Adult Only		Lane Swim		Adult Only				Swim	Lessons				Adult Only
2	Lane 2	Adult Only	Adult Swim Ts*	Lane Swim		Adult Only				Lane Swim				Adult Swim Ts*	Adult Only
§.	Lane 3	Adult Only		General Swim	Aqua - 10.50 am	Adult Only		Ger	eral Swim			General Sw	im	General Swim	Adult Only
	Lane 4	Audit Only				Additionly						Swim Lesso	ns	General Swiiii	Addit 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
	Lane 1	Adult Only		Lane Swim		Adult Only			*	Swim	Lessons			Lane Swim	Adult Only
20	Lane 2	Adult Only			Lane Swim	Adult Only				Lane Swim				Lane Swim	Adult Only
TUES	Lane 3			Aqua 9.45am								General Sw	im		
	Lane 4	Adult Only	G. Swim		General Swim	Adult Only		General Swim			Swim Lessons			General Swim	Adult Only
	Lune 4														
		6-7am 7-8am 8-9am	9-10am 10-11am		11am-12pm	12-1om	1-2pm		2-3pm	3-4pm	4-5pm	1 5-6pm 6-7pm		7-8pm	8-9pm
	Lane 1	Adult Only		Lane Swim		Adult Only			Impr Staff Swim		Swim Lessons				Adult Only
۵	Lane 2	Adult Only	Adult Swim Ts*	Lane Swim		Adult Only	Beg Adult S	iwim			Lane Swim			Adult Swim Ts*	Adult Only
2	Lane 3				Agua 11am						General Swim				
	Lane 4	Adult Only	General Swim			Adult Only		Ger	ieral Swim			Swim Lesso	or	General Swim	Adult Only
	Lane 4		General Swiiii									JWIIII CEJJO			
		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		Adult Only	Lane Swim			Swim	Lessons			Lane Swim	Adult Only
oc	Lane 2	Adult Only	Lane	Swim		Adult Only				Lane Swim				Lane Swim	Adult Only
. ₹	Lane 3				Aqua 11am						General Swim				
-	Jane 4	Adult Only	Genera	l Swim		Adult Only		Ger	ieral Swim			Swim Lesso	or	General Swim	Adult Only
	Lane 4											JWIIII CEJJO			
		6-/am /-8am 8-9am	9-10am	10-11am	11am-120m	12-10m	1-2pm		2-3pm	3-40m	4-Spm	S-6pm	6-/pm	7-8pm	8-90M
	Lane 1	Adult Only		Lane Swim		Adult Only			Swim L	essons			Beg Staff Swim	Lane Swim	Adult Only
	Lane 2	Adult Only		Lane	Swim	Adult Only					Lane Swim				Adult Only
Ē	Lane 3		Aqua 9am	4		,					General Swim		im		Adult Only 8-9pm
	Lane 4	Adult Only		Gener	al Swim	Adult Only	General Swim		ieral Swim		Swim Lessons		General Swim	Adult Only	
	Lane 4														
	Lane 1	6-7am 7-8am 8-9am Adult Only	9-10am	10-11am	11am-12pm n Lessons	12-1pm	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	
											Lane Swim				
				SWIII					encenenceacheren						
4	Lane 2	Adult Only		SWIII	Lane Swim		Closed Set Up	Inflatable				Lane S	wim		
SAT	Lane 2 Lane 3	Adult Only	8.45am	SWIII			Closed Set Up	Inflatable Session **	Down		Go	Lane S neral Swim	wim	Lane Swim	
SAT	Lane 2	Adult Only	8.45am	SWIII	Lane Swim						Ge		wim	Lane Swim	
SAT	Lane 2 Lane 3	Adult Only Aqua			Lane Swim General Swim		Closed Set Up	Session **	Down			neral Swim			
SAT	Lane 2 Lane 3 Lane 4	Adult Only Aqua Adult Only Aqua 5-7am 7-8am 8-9am	8.45am 9-10am	10-11am	Lane Swim General Swim 11am-12pm	12-1pm	Closed Set Up	Session **	Down 2-3pm	3-4pm	Go 4-Spm	neral Swim 5-6pm	6-7pm	Lane Swim 7-8pm	
SAT	Lane 2 Lane 3 Lane 4	Adult Only Adult Only Adult Only 6-7am 7-8am 8-9am Adult Only		10-11am	Lane Swim General Swim	12-1pm	Closed Set Up	Session **	Down	3-4pm		neral Swim 5-6pm Lane S	6-7pm		
IN SAT	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2	Adult Only Aqua Adult Only Aqua 5-7am 7-8am 8-9am		10-11am	Lane Swim General Swim 11am-12pm	12-1pm	Closed Set Up	Session **	2-3pm	3-4pm		neral Swim 5-6pm	6-7pm		
SUN	Lane 2 Lane 3 Lane 4	Adult Only Adult Only Adult Only 6-7am 7-8am 8-9am Adult Only Adult Only		10-11am Swin	Lane Swim General Swim 11am-12pm n Lessons	12-1pm	Closed Set Up	Session **	2-3pm Closed Take	3-4pm	4-Spm	5-6pm Lane S	6-7pm	7-8pm	
SUN	Lane 2 Lane 3 Lane 4 Lane 1 Lane 2	Adult Only Adult Only Adult Only 6-7am 7-8am 8-9am Adult Only		10-11am Swin	Lane Swim General Swim 11am-12pm	12-1pm	Closed Set Up	Session **	2-3pm Closed Take	3-4pm	4-Spm	neral Swim 5-6pm Lane S	6-7pm		

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

					Outdoo	or Pool - Ter	m Time Mond	lay 1st Septeml	per to Sunday 19	th October	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	7-8p
	Lane 1	Adult Only							Lane Swim *						Adult (
z	Lane 2		Adult 0	Only	Lane Swim *										Adult (
MON	Lane 3 Lane 4		Adult 0	Dnly	General Swim										Adult (
		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	7-8
	Lane 1	Adult Only							Lane Swim *						Adult
n	Lane 2		Adult 0			Lane Swim *									
TUES	Lane 3	Adult Only			General Swim Hydro Spin 11am General Swim									Adult	
_	Carre 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	7-8
	Lane 1	Adult Only							Lane Swim *						Adult Adult
MED.	Lane 2	Adult Only			Lane Swim *										
3	Lane 3 Lane 4	Adul	t Only	Hydro Circuit 8am	General Swim										Adult
	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	7-8
	Lane 1	Adult Only							Lane Swim *						Adult
E C	Lane 2	Adult Only			Adult Swim *								Adult		
ž	Lane 3 Lane 4	Adult Only					General Swim		Rehab Hydro			General Swin	n		Adult
		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12om	12-1pm	1-2pm	2-3pm	1 3-4om	4-5pm	5-6pm	6-7pm	7-8
	Lane 1	0-7am	Adult (5-10am	10-11am	11am-12pm	12-1pm	Lane Swim*	z-spm	3-4pm	4-3pm	3-0pm	6-7 pm	Adult
	Lane 2		Adult (Lane Swim*						Adult
E	Lane 3		Adult 0		Genera	al Swim	Hydro Circuit			General Sw	rim				Adult
				8-9am											
		6-7am	7-8am		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 S						Adult Only	4
SAT	Lane 2			Adult Only	Lane Swim* Adult Only										4
s	Lane 3 Lane 4	Adult Only			General Swim Adult Only										
		6-/am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	S-6pm	6-/pm]
	Lane 1			Adult Only	Lane Swim* Adult Only										1
SUN	Lane 2			Adult Only		Lane Swim* Adult Only									
s	Lane 3 Lane 4		Adult Only	Hydro Spin - 8.10am		General Swim Adult Only									

 $[\]ensuremath{^{*}}$ Lane Swim $\ensuremath{^{-}}$ In case of overcrowding this lane swim will turn into General swim