

# 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	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
MON	Lane 1		Adult Only		Adult Swim Ts*	Lane Swim		Adult Only		Swim Lessons					Adult Swim Ts*	Adult Only
	Lane 2		Adult Only			Lane Swim		Adult Only		Lane Swim						Adult Only
	Lane 3		Adult Only			General Swim	Aqua - 10.50 am	Adult Only		General Swim		General Swim	Swim Lessons		General Swim	Adult Only
	Lane 4		Adult Only							General Swim						
TUES	Lane 1		Adult Only			Lane Swim		Adult Only		Swim Lessons					Lane Swim	Adult Only
	Lane 2		Adult Only			Lane Swim		Adult Only		Lane Swim					Lane Swim	Adult Only
	Lane 3		Adult Only		G. Swim	Aqua 9.45am	General Swim	Adult Only		General Swim		General Swim	Swim Lessons		General Swim	Adult Only
	Lane 4		Adult Only							General Swim						
WED	Lane 1		Adult Only		Adult Swim Ts*	Lane Swim		Adult Only	Reg Adult Swim			Swim Lessons			Adult Swim Ts*	Adult Only
	Lane 2		Adult Only			Lane Swim	Aqua 11am	Adult Only		Lane Swim		General Swim				Adult Only
	Lane 3		Adult Only							General Swim		General Swim	Swim Lessons		General Swim	Adult Only
	Lane 4		Adult Only		General Swim											
THUR	Lane 1		Adult Only			Lane Swim		Adult Only	Lane Swim		Swim Lessons				Lane Swim	Adult Only
	Lane 2		Adult Only			Lane Swim	Aqua 11am	Adult Only		Lane Swim		General Swim			Lane Swim	Adult Only
	Lane 3		Adult Only			General Swim		Adult Only		General Swim		General Swim	Swim Lessons		General Swim	Adult Only
	Lane 4		Adult Only													
FRI	Lane 1		Adult Only			Lane Swim		Adult Only		Swim Lessons				Reg Staff Swim	Lane Swim	Adult Only
	Lane 2		Adult Only			Lane Swim		Adult Only		Swim Lessons		Lane Swim			Lane Swim	Adult Only
	Lane 3		Adult Only		Aqua 9am	General Swim		Adult Only		General Swim		General Swim	Swim Lessons		General Swim	Adult Only
	Lane 4		Adult Only													
SAT	Lane 1		Adult Only			Swim Lessons										
	Lane 2		Adult Only			Lane Swim										
	Lane 3		Adult Only		Aqua 8.45am	General Swim										
	Lane 4		Adult Only													
SUN	Lane 1		Adult Only			Swim Lessons										
	Lane 2		Adult Only			Lane Swim										
	Lane 3		Adult Only			General Swim										
	Lane 4		Adult Only													

\*\*\* 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 1st September to Sunday 19th 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	7-8pm
MON	Lane 1		Adult Only					Lane Swim *							Adult Only
	Lane 2		Adult Only					Lane Swim *							Adult Only
	Lane 3		Adult Only					Lane Swim *							Adult Only
	Lane 4		Adult Only					Lane Swim *							Adult Only
TUES	Lane 1		Adult Only					Lane Swim *							Adult Only
	Lane 2		Adult Only					Lane Swim *							Adult Only
	Lane 3		Adult Only		General Swim	Hydro Spin 11am		General Swim							Adult Only
	Lane 4		Adult Only					General Swim							Adult Only
WED	Lane 1		Adult Only					Lane Swim *							Adult Only
	Lane 2		Adult Only					Lane Swim *							Adult Only
	Lane 3		Adult Only		Hydro Circuit Bath			General Swim							Adult Only
	Lane 4		Adult Only					General Swim							Adult Only
THUR	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	Rehab Hydro		General Swim						Adult Only
	Lane 4		Adult Only					General Swim							Adult Only
FRI	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		Adult Only					General Swim							Adult Only
SAT	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					General Swim							Adult Only
SUN	Lane 1		Adult Only					Lane Swim*							Adult Only
	Lane 2		Adult Only					Lane Swim*							Adult Only
	Lane 3		Adult Only		Hydro Spin - 8.10am			General Swim							Adult Only
	Lane 4		Adult Only					General Swim							Adult Only

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