

INDOOR POOL - Term Time Monday 3rd November- 14th December 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	Lane Swim	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		HIT Aqua - 10.50am	Adult Only	General Swim					General Swim	
	Lane 4	Adult Only							General Swim				General Swim			
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	8-9pm
	Lane 2	Adult Only			Lane Swim			Adult Only	Lane Swim	Swim Lessons				Lane Swim	Adult Only	
	Lane 3	Adult Only			Lane Swim		Adult Only	Lane Swim				Swim Lessons		Lane Swim	Adult Only	
	Lane 4	Adult Only			G. Swim	Aqua 9.45am	General Swim	Adult Only	General Swim				General Swim		General Swim	
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	8-9pm
	Lane 2	Adult Only			Adult Swim Ts	Lane Swim		Adult Only	Beg Adult Swim	Swim Lessons				Adult Swim Ts	Adult Only	
	Lane 3	Adult Only				Lane Swim		Adult Only		Lane Swim					Adult Only	
	Lane 4	Adult Only				Aqua 11am		Adult Only		General Swim					General Swim	
			General Swim			Adult Only	General Swim				Swim Lessons					
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	8-9pm
	Lane 2	Adult Only			Lane Swim		Aqua 11am	Adult Only	Lane Swim	Swim Lessons				Lane Swim	Adult Only	
	Lane 3	Adult Only			Lane Swim			Adult Only	Lane Swim				Lane Swim	Adult Only		
	Lane 4	Adult Only			General Swim			Adult Only	General Swim				General Swim	Adult Only		
			General Swim					Adult Only	General Swim				Swim Lessons	General Swim		
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	8-9pm
	Lane 2	Adult Only			Lane Swim		Aqua 9am	Adult Only	Swim Lessons				Staff swim	Lane Swim	Adult Only	
	Lane 3	Adult Only			Lane Swim			Adult Only	Lane Swim					Adult Only		
	Lane 4	Adult Only			General Swim			Adult Only	General Swim					General Swim		Adult Only
			General Swim					Adult Only	General Swim					Swim Lessons	General Swim	
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	7-8pm	
	Lane 2	Adult Only			Swim Lessons				Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim				
	Lane 3	Adult Only			Lane Swim		Lane Swim									
	Lane 4	Adult Only			General Swim		General Swim									
			General Swim		Lane Swim											
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	7-8pm	
	Lane 2	Adult Only			Swim Lessons				Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim				
	Lane 3	Adult Only			Lane Swim		Lane Swim									
	Lane 4	Adult Only			General Swim		General Swim									
			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 3rd November - 14th December 2025

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	
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										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	
WED	Lane 1			Adult Only	Lane Swim *						Adult Only	
	Lane 2			Adult Only	Lane Swim *						Adult Only	
	Lane 3		Adult Only	Hydro Circuit 8am	General Swim						Adult Only	
	Lane 4										Adult Only	
THUR	Lane 1			Adult Only	Adult Swim Ts		Lane Swim *	Lane Swim *				Adult Only
	Lane 2			Adult Only			General Swim				Adult Only	
	Lane 3			Adult Only			Hydro Circuit			General Swim	Adult Only	
	Lane 4									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	
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	
SUN	Lane 1			Adult Only	Lane Swim *						Adult Only	
	Lane 2			Adult Only	Lane Swim *						Adult Only	
	Lane 3		Adult Only	H.S. - 8.10am	General Swim						Adult Only	
	Lane 4										Adult Only	

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