

INDOOR POOL - Term Time Monday 5th January to Sunday 15th February

| | | 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 | | Adults Only | | Adult Swim Ts | | Lane Swim | Adults Only | Lane Swim | | | Swim Lessons | | | Adult Swim Ts | Adults Only |
| | Lane 2 | | Adults Only | | | Lane Swim | | Adults Only | | | Lane Swim | | | | | Adults Only |
| | Lane 3 | | Adults Only | | | General Swim | HIT Aqua - 11am | Adults Only | | General Swim | | | General Swim | | General Swim | Adults Only |
| | Lane 4 | | | | | | | | | | | | Swim Lessons | | | |
| 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 | | Adults Only | | | Lane Swim | | Adults Only | | | Swim Lessons | | | | Lane Swim | Adults Only |
| | Lane 3 | | Adults Only | | | Lane Swim | | Adults Only | | | Lane Swim | | | General Swim | | Adults Only |
| | Lane 4 | | | | General Swim | Aqua 9-45am | Lane Swim | General Swim | Adults Only | | General Swim | | General Swim | Swim Lessons | General Swim | Adults 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 | 8-9pm |
| | Lane 2 | | Adults Only | | | Lane Swim | | Adults Only | | | Swim Lessons | | | | Adult Swim Ts | Adults Only |
| | Lane 3 | | Adults Only | | | | Aqua 11am | Adults Only | | General Swim | | | General Swim | | General Swim | Adults Only |
| | Lane 4 | | | | 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 | | Adults Only | | | Lane Swim | | Adults Only | | | Swim Lessons | | | | Lane Swim | Adults Only |
| | Lane 3 | | Adults Only | | | | Aqua 11am | Adults Only | | General Swim | | | General Swim | | General Swim | Adults Only |
| | Lane 4 | | | | General Swim | | | | | | | | Swim Lessons | | | |
| 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 | | Adults Only | | | Lane Swim | | Adults Only | | | Swim Lessons | | | Staff Swim Lesson | Lane Swim | Adults Only |
| | Lane 3 | | Adults Only | | | | | Adults Only | | | Lane Swim | | | General Swim | | Adults Only |
| | Lane 4 | | | | Aqua 9am | | General Swim | Adults Only | | General Swim | | | Swim Lessons | | General Swim | Adults 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 | 7-8pm | |
| | Lane 2 | | Adults Only | | | | Swim Lessons | | | | | Lane Swim | | | Adults Only | |
| | Lane 3 | | Adults Only | | | | | | Closed Set Up | Inflatable Session *** | Closed Take Down | | Lane Swim | | Adults Only | |
| | Lane 4 | | | | Aqua 8-30am | | General Swim | | | | | | General Swim | | Adults 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 | 7-8pm | |
| | Lane 2 | | Adults Only | | | | Swim Lessons | | | | | Lane Swim | | | Adults Only | |
| | Lane 3 | | Adults Only | | | | | | Closed Set Up | Inflatable Session *** | Closed Take Down | | Lane Swim | | Adults Only | |
| | Lane 4 | | | | | | General Swim | | | | | | General Swim | | Adults Only | |

*** Inflatable Session - Indoor Pool is closed for set up / down from 1pm to 1.30pm & 2.30pm to 3pm

*** Inflatable session only takes place on the first and third weekend of the month, remaining weekends - float session only

Outdoor Pool - Term Time Monday 5th January to Sunday 15th February

| | | 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 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 2 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 3 | | Adults Only | | | | | | | | | | | | |
| | Lane 4 | | | | | | 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 |
| | Lane 2 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 3 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 4 | | | | General Swim | Hydro 10pm - 11am | | 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 |
| | Lane 2 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 3 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 4 | | | | | | General Swim | | | | | | | | |
| 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 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 3 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 4 | | Adults Only | Hydro Circuit 8am | | | | 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 |
| | Lane 2 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 3 | | Adults Only | | | | Lane Swim * | | | | | | | | |
| | Lane 4 | | | | General Swim | Hydro Circuit 11am | | 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 | |
| | Lane 2 | | Adults Only | | | | Lane Swim* | | | | | | | | |
| | Lane 3 | | Adults Only | | | | Lane Swim* | | | | | | | | |
| | Lane 4 | | | | | | General 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 | |
| | Lane 2 | | Adults Only | | | | Lane Swim* | | | | | | | | |
| | Lane 3 | | Adults Only | | | | Lane Swim* | | | | | | | | |
| | Lane 4 | | Adults Only | H.S. - 8-10am** | | | General Swim | | | | | | | | |

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