

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

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MON	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 Adults Only				Adult Swim Ts		Lane Swim	Adults Only	Lane Swim	Lane Swim	Swim Lessons			Adult Swim Ts		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim	Lane Swim	Swim Lessons			Adults Only		Adults Only
	Lane 3 Adults Only				General Swim		HIIT Aqua - 11am	Adults Only	General Swim			General Swim		Swim Lessons		General Swim
	Lane 4 Adults Only						Lane Swim	Adults Only	General Swim			General Swim		Swim Lessons		Adults Only
TUES	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 Adults Only				Lane Swim		Lane Swim	Adults Only	Swim Lessons			Lane Swim		Lane Swim		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 3 Adults Only				General Swim		General Swim	Adults Only	General Swim			General Swim		General Swim		General Swim
	Lane 4 Adults Only						Lane Swim	Adults Only	General Swim			General Swim		Swim Lessons		Adults Only
WED	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 Adults Only				Adult Swim Ts		Lane Swim	Adults Only	Lane Swim			Lane Swim		Adult Swim Ts		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 3 Adults Only				General Swim		Aqua 11am	Adults Only	General Swim			General Swim		General Swim		General Swim
	Lane 4 Adults Only						Lane Swim	Adults Only	General Swim			General Swim		Swim Lessons		Adults Only
THUR	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 Adults Only				Lane Swim		Lane Swim	Adults Only	Swim Lessons			Lane Swim		Lane Swim		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 3 Adults Only				General Swim		Aqua 11am	Adults Only	General Swim			General Swim		General Swim		General Swim
	Lane 4 Adults Only						Lane Swim	Adults Only	General Swim			General Swim		Swim Lessons		General Swim
FRI	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 Adults Only				Lane Swim		Lane Swim	Adults Only	Swim Lessons			Lane Swim		Lane Swim		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 3 Adults Only				General Swim		Aqua 11am	Adults Only	General Swim			General Swim		General Swim		General Swim
	Lane 4 Adults Only						Lane Swim	Adults Only	General Swim			General Swim		Swim Lessons		General Swim
SAT	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 Adults Only				Swim Lessons		Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 3 Adults Only				General Swim		Aqua 8.30am	Adults Only	General Swim			General Swim		General Swim		Adults Only
	Lane 4 Adults Only						Lane Swim	Adults Only	General Swim			General Swim		Swim Lessons		General Swim
SUN	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 Adults Only				Swim Lessons		Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 2 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane Swim		Adults Only
	Lane 3 Adults Only				General Swim		General Swim	Adults Only	Inflatable Session ***			Inflatable Session ***		Lane Swim		Adults Only
	Lane 4 Adults Only						Lane Swim	Adults Only	Lane Swim			Lane Swim		Lane 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

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	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*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim												
		Adults Only														
TUES	Lane 1	Adults Only		Lane Swim*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim			Hydro Spin: 11am		General Swim							
		Adults Only														
WED	Lane 1	Adults Only		Lane Swim*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim												
		Adults Only														
THUR	Lane 1	Adults Only		Lane Swim*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim												
		Adults Only														
FRI	Lane 1	Adults Only		Lane Swim*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim						General swim						
		Adults Only														
SAT	Lane 1	Adults Only		Lane Swim*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim												
		Adults Only														
SUN	Lane 1	Adults Only		Lane Swim*												
		Adults Only		Lane Swim*												
		Adults Only		General Swim												
		Adults Only														

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