

**INDOOR POOL - Term Time Monday 2nd March - Sunday 29th March**

		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	HIIT Aqua - 11am	Adults Only	General Swim		General Swim		General Swim	Adults Only			
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		General Swim	Adults Only			
TUES	Lane 1	Adults Only			Lane Swim		Adults Only	Swim Lessons				Lane Swim	Adults Only			
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	Lane Swim				Adults Only				
	Lane 3	Adults Only			General Swim	Aqua 9.45am	Lane Swim	General Swim	Adults Only	General Swim		General Swim	Adults Only			
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		General Swim	Adults Only			
WED	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	Aqua 11am	Adults Only	General Swim		General Swim		General Swim	Adults Only			
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		General Swim	Adults Only			
THUR	Lane 1	Adults Only			Lane Swim		Adults Only	Swim Lessons				Lane Swim	Adults Only			
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	Lane Swim				Lane Swim	Adults Only			
	Lane 3	Adults Only			General Swim	Aqua 11am	Adults Only	General Swim		General Swim		General Swim	Adults Only			
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		General Swim	Adults Only			
FRI	Lane 1	Adults Only			Lane Swim		Adults Only	Swim Lessons				Staff Swim Lesson	Lane Swim	Adults Only		
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	Lane Swim				Adults Only				
	Lane 3	Adults Only			Aqua 9am	General Swim		Adults Only	General Swim		General Swim		General Swim	Adults Only		
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		General Swim	Adults Only			
SAT	Lane 1	Adults Only			Swim Lessons		Adults Only	Inflatable Session ***				Lane Swim	Adults Only			
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	Closed Set Up				Adults Only				
	Lane 3	Adults Only			Aqua 8.30am	General Swim		Adults Only	General Swim		General Swim		Adults Only			
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		Adults Only				
SUN	Lane 1	Adults Only			Swim Lessons		Adults Only	Inflatable Session ***				Lane Swim	Adults Only			
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	Closed Set Up				Adults Only				
	Lane 3	Adults Only			General Swim	General Swim		Adults Only	General Swim		General Swim		Adults Only			
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Swim Lessons		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 2nd March - Sunday 29th March**

		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	Adults Only					
	Lane 2	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 3	Adults Only			General Swim				Adults Only	Adults Only					
	Lane 4	Adults Only			General Swim				Adults Only	Adults Only					
TUES	Lane 1	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 2	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 3	Adults Only			General Swim	Hydro Spin - 11am	General Swim		Adults Only	Adults Only					
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Adults Only	Adults Only				
WED	Lane 1	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 2	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 3	Adults Only			General Swim				Adults Only	Adults Only					
	Lane 4	Adults Only			General Swim				Adults Only	Adults Only					
THUR	Lane 1	Adults Only			Adult Swim Ts**	Lane Swim *		Adults Only	Adults Only						
	Lane 2	Adults Only				Lane Swim *	Adults Only	Adults Only							
	Lane 3	Adults Only			General Swim	Hydro Circuit 11am	General swim		Adults Only	Adults Only					
	Lane 4	Adults Only				General Swim	Adults Only	General swim		Adults Only	Adults Only				
FRI	Lane 1	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 2	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 3	Adults Only			General Swim	Hydro Circuit 11am	General swim		Adults Only	Adults Only					
	Lane 4	Adults Only				General Swim	Adults Only	General swim		Adults Only	Adults Only				
SAT	Lane 1	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 2	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 3	Adults Only			General Swim				Adults Only	Adults Only					
	Lane 4	Adults Only			General Swim				Adults Only	Adults Only					
SUN	Lane 1	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 2	Adults Only			Lane Swim *				Adults Only	Adults Only					
	Lane 3	Adults Only			General Swim	General Swim		Adults Only	Adults Only						
	Lane 4	Adults Only				General Swim	Adults Only	General Swim		Adults Only	Adults Only				

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