

INDOOR POOL - Term Time Monday 20th April - Sunday 24th May 2026

		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	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		General Swim	Adults Only		
	Lane 4	Adults Only						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		General Swim	Adults Only	
	Lane 4	Adults Only							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	Lane Swim		Adults Only	Lane Swim					Adults Only		
	Lane 3	Adults Only		General Swim	Aqua 11am	Adults Only	General Swim	General Swim			General Swim		General Swim	Adults Only		
	Lane 4	Adults Only						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		Aqua 11am	Adults Only	Lane Swim					Lane Swim	Adults Only		
	Lane 3	Adults Only		General Swim	General Swim			Adults Only	General Swim			General Swim		General Swim	Adults Only	
	Lane 4	Adults Only				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		Aqua 9am	Adults Only	Lane Swim					Lane Swim	Adults Only		
	Lane 3	Adults Only		General Swim	General Swim			Adults Only	General Swim			General Swim		General Swim	Adults Only	
	Lane 4	Adults Only				Swim Lessons			General Swim	Adults Only						
SAT	Lane 1	Adults Only		Swim Lessons			Adults Only	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	Adults Only	
	Lane 2	Adults Only		Lane Swim		Aqua 8.30am	Adults Only	Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim			Adults Only		
	Lane 3	Adults Only		Lane Swim				Adults Only			Lane Swim			Adults Only		
	Lane 4	Adults Only		General Swim			Adults Only	General Swim			General Swim		Adults Only			
SUN	Lane 1	Adults Only		Swim Lessons			Adults Only	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	Adults Only	
	Lane 2	Adults Only		Lane Swim		Aqua 8.30am	Adults Only	Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim			Adults Only		
	Lane 3	Adults Only		Lane Swim				Adults Only			Lane Swim			Adults Only		
	Lane 4	Adults Only		General Swim			Adults Only	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 20th April - Sunday 2th May 2026

		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	General Swim											
	Lane 4		Adults Only	General Swim											
TUES	Lane 1		Adults Only	Lane Swim *											
	Lane 2		Adults Only	Lane Swim *											
	Lane 3		Adults Only	General Swim	Hydro Spin - 11am	General Swim									
	Lane 4		Adults Only	General Swim											
WED	Lane 1		Adults Only	Lane Swim *											
	Lane 2		Adults Only	Lane Swim *											
	Lane 3		Adults Only	General Swim											
	Lane 4		Adults Only	General Swim											
THUR	Lane 1		Adults Only	Adult Swim Ts**	Lane Swim *										
	Lane 2		Adults Only		Lane Swim *										
	Lane 3	Adults Only	Hydro Circuits 8am	General Swim											
	Lane 4		Adults Only	General Swim	General Swim										
FRI	Lane 1		Adults Only	Lane Swim *											
	Lane 2		Adults Only	Lane Swim *											
	Lane 3		Adults Only	General Swim	Hydro Circuit 11am	General swim									
	Lane 4		Adults Only	General Swim											
SAT	Lane 1		Adults Only	Lane Swim *											
	Lane 2		Adults Only	Lane Swim *											
	Lane 3		Adults Only	General Swim											
	Lane 4		Adults Only	General Swim											
SUN	Lane 1		Adults Only	Lane Swim *											
	Lane 2		Adults Only	Lane Swim *											
	Lane 3	Adults Only	H.S. - 8.10am**	General Swim											
	Lane 4		Adults Only	General Swim											

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