

INDOOR POOL - Non -Term Time Wednesday 1st April - Friday 10th April

		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	Swim Crash Course			Lane Swim	Swim Crash Course	Lane Swim	Adult Swim Ts	Adults Only
	Lane 2	Adults Only				Lane Swim	Adults Only	Swim Crash Course			Lane Swim	Swim Crash Course	Lane Swim	Adults Only		
	Lane 3	Adults Only			General Swim	HIIT Aqua - 11am	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only	
	Lane 4	Adults Only					Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only
TUES	Lane 1	Adults Only			Lane Swim		Adults Only	Swim Crash Course			Lane Swim	Swim Crash Course	Lane Swim	Lane Swim	Adults Only	
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only	
	Lane 3	Adults Only			General Swim	Aqua 9.45am	Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only
	Lane 4	Adults Only					Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only
WED	Lane 1	Adults Only			Adult Swim Ts	Lane Swim		Adults Only	Swim Crash Course			Lane Swim	Swim Crash Course	Lane Swim	Adult Swim Ts	Adults Only
	Lane 2	Adults Only				Lane Swim	Adults Only	Swim Crash Course			Lane Swim	Swim Crash Course	Lane Swim	Adults Only		
	Lane 3	Adults Only			General Swim	Aqua 11am	Adults Only	General Swim			Kids Camps	Floats	General Swim		General Swim	Adults Only
	Lane 4	Adults Only					Lane Swim	Adults Only	General Swim			Kids Camps	Floats	General Swim		General Swim
THUR	Lane 1	Adults Only			Lane Swim		Adults Only	Swim Crash Course			Lane Swim	Swim Crash Course	Lane Swim	Lane Swim	Adults Only	
	Lane 2	Adults Only			Lane Swim	Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only	
	Lane 3	Adults Only			General Swim	Aqua 11am	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only	
	Lane 4	Adults Only					Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only
FRI	Lane 1	Adults Only			Lane Swim		Adults Only	Swim Crash Course			Lane Swim	Swim Crash Course	Staff Swim Lesson	Lane Swim	Adults Only	
	Lane 2	Adults Only			Aqua 9am	Lane Swim	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only	
	Lane 3	Adults Only				General Swim	Aqua 9am	Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only
	Lane 4	Adults Only			Lane Swim			Adults Only	General Swim			Kids Camps	General Swim		General Swim	Adults Only
SAT	Lane 1	Adults Only			Swim Lessons			Adults Only	Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim	Lane Swim	Adults Only		
	Lane 2	Adults Only			Swim Lessons			Adults Only				Lane Swim	Lane Swim	Adults Only		
	Lane 3	Adults Only			Aqua 8.30am	General Swim			Adults Only	General Swim	General Swim	General Swim	Adults Only			
	Lane 4	Adults Only				Lane Swim	Adults Only	General Swim			General Swim	General Swim	Adults Only			
SUN	Lane 1	Adults Only			Swim Lessons			Adults Only	Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim	Lane Swim	Adults Only		
	Lane 2	Adults Only			Swim Lessons			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				Lane Swim	Adults Only	General Swim			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 Wednesday 1st April - Friday 10th April

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

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