

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	HIIT Aqua - 11am	Adults Only	Lane Swim					Adults Only		
	Lane 3	Adults Only		General Swim			Adults Only	General Swim					General Swim	Adults Only	
	Lane 4	Adults Only		General Swim		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	Aqua 9.45am	Lane Swim		Adults Only	Lane Swim					Adults Only	
	Lane 3	Adults Only		General Swim		Lane Swim	General Swim	Adults Only	General Swim					General Swim	Adults Only
	Lane 4	Adults Only			Lane Swim	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	Aqua 11am	Adults Only	Lane Swim					Adults Only		
	Lane 3	Adults Only		General Swim			Adults Only	General Swim					General Swim	Adults Only	
	Lane 4	Adults Only		General Swim		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			Adults Only	General Swim					General Swim	Adults Only	
	Lane 4	Adults Only		General Swim		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					Adults Only		
	Lane 3	Adults Only		General Swim			Adults Only	General Swim					General Swim	Adults Only	
	Lane 4	Adults Only		General Swim		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			Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim					Adults Only
	Lane 3	Adults Only		Aqua 8.30am	Lane Swim		Adults Only			Lane Swim					Adults Only
	Lane 4	Adults Only			General Swim		Adults Only	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			Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim					Adults Only
	Lane 3	Adults Only		Lane Swim		General Swim	Adults Only			Lane Swim					Adults Only
	Lane 4	Adults Only		General Swim			Adults Only	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 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		
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									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									Adults Only		
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									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	H.S. - 8.10am**	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