

INDOOR POOL - Term Time Monday 1st June - Sunday 5th July

	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						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		General Swim	Adults Only	General Swim				General Swim	Adults Only		
	Lane 4							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						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		Adults Only	Lane Swim				Lane Swim	Adults Only			
	Lane 3	Adults Only		General Swim	Aqua 11am	Adults Only	General Swim				General Swim	Adults Only			
	Lane 4						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		Adults Only	Lane Swim				Adults Only				
	Lane 3	Adults Only		Aqua 9am	General Swim	Adults Only	General Swim				General Swim	Adults Only			
	Lane 4						Swim Lessons				General Swim	Adults Only			
SAT	Lane 1	Adults Only		Swim Lessons		Adults Only		Inflatable Session ***	Closed Take Down	Lane Swim				Adults Only	
	Lane 2	Adults Only		Lane Swim		Adults Only	Lane Swim				Adults Only				
	Lane 3	Adults Only		Aqua 8.30am	General Swim	Adults Only	General Swim				Adults Only				
	Lane 4						Swim Lessons				Adults Only				
SUN	Lane 1	Adults Only		Swim Lessons		Adults Only		Inflatable Session ***	Closed Take Down	Lane Swim				Adults Only	
	Lane 2	Adults Only		Lane Swim		Adults Only	Lane Swim				Adults Only				
	Lane 3	Adults Only		General Swim		Adults Only	General Swim				Adults Only				
	Lane 4						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 1st June - Sunday 5th July

		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									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