

INDOOR POOL - Non - Term Time Monday 6th July - Sunday 2nd August

		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 Courses			Lane Swim		Swim Crash Courses	Lane Swim	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			Kids Camps	General Swim			Adults Only	
	Lane 4																	
TUES	Lane 1	Adults Only			Lane Swim		Lane Swim		Adults Only	Swim Crash Courses			Lane Swim		Swim Crash Courses	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			Kids Camps	General Swim			Adults Only
	Lane 4																	
WED	Lane 1	Adults Only			Adult Swim Ts		Lane Swim		Adults Only	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adults Only					Lane Swim	Adults Only	Swim Crash Courses			Lane Swim		Swim Crash Courses	Lane Swim	Adult Swim Ts	Adults Only	
	Lane 3	Adults Only			General Swim		Aqua 11am		Adults Only	General Swim			Kids Camps	General Swim			Adults Only	
	Lane 4																	
THUR	Lane 1	Adults Only			Lane Swim		Lane Swim		Adults Only	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adults Only					Lane Swim		Adults Only	Swim Crash Courses			Lane Swim		Swim Crash Courses	Lane Swim	Adults Only	
	Lane 3	Adults Only			General Swim		Aqua 11am		Adults Only	General Swim			Kids Camps	General Swim			Adults Only	
	Lane 4																	
FRI	Lane 1	Adults Only			Lane Swim		Lane Swim		Adults Only	1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adults Only					Lane Swim		Adults Only	Swim Crash Courses			Lane Swim		Swim Crash Courses	Lane Swim	Adults Only	
	Lane 3	Adults Only			Aqua 9am		General Swim		Adults Only	General Swim			Kids Camps	General Swim			Adults Only	
	Lane 4																	
SAT	Lane 1	Adults Only			Lane Swim		Lane Swim		1-2pm		2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm		
	Lane 2	Adults Only					Lane Swim		Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim		Lane Swim		Adults Only		
	Lane 3	Adults Only			General Swim		General Swim					Kids Camps	General Swim			Adults Only		
	Lane 4																	
SUN	Lane 1	Adults Only			Lane Swim		Lane Swim		Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim		Lane Swim		Adults Only		
	Lane 2	Adults Only					Lane Swim					Lane Swim		Adults Only				
	Lane 3	Adults Only			General Swim		General Swim		General Swim		Kids Camps	General Swim			Adults Only			
	Lane 4																	

*** 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 - Non - Term Time Monday 6th July - Sunday 2nd August

		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														
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														
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														
THUR	Lane 1		Adults Only						Lane Swim *						Adults Only
	Lane 2		Adults Only		Adult Swim Ts**				Lane Swim *						Adults Only
	Lane 3		Adults Only						General Swim						Adults Only
	Lane 4		Adults Only	Hydro Circuits 8am	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														
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														
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	H.S. - 8.10am**											

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