

INDOOR POOL - Term Time Tuesday 1st September - Sunday 18th October 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		Adults Only	Lane Swim							Adults Only
	Lane 3		Adults Only				HIT Aqua - 11am	Adults Only					General Swim			Adults Only
	Lane 4				General Swim			Adults Only	General Swim			General Swim	Swim Lessons			
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	Adults Only		General Swim			General Swim			Adults Only
	Lane 4					Lane Swim	Lane Swim	Adults Only				Swim Lessons				
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		Adults Only	Lane Swim							Adults Only
	Lane 3		Adults Only				Aqua 11am	Adults Only				General Swim	Swim Lessons			Adults Only
	Lane 4				General Swim			Adults Only	General Swim							
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							Adults Only
	Lane 3		Adults Only		General Swim		Aqua 11am	Adults Only		General Swim			General Swim			Adults Only
	Lane 4							Adults Only	General Swim							
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							Adults Only				Swim Lessons				
SAT	Lane 1		Adults Only			Lane Swim		Adults Only		Swim Lessons					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		Closed Set Up	Inflatable Session ***			General Swim			Adults Only
	Lane 4							Adults Only								
SUN	Lane 1		Adults Only			Lane Swim		Adults Only		Swim Lessons					Lane Swim	Adults Only
	Lane 2		Adults Only			Lane Swim		Adults Only	Lane Swim							Adults Only
	Lane 3		Adults Only				General Swim		Closed Set Up	Inflatable Session ***			General Swim			Adults Only
	Lane 4							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 Tuesday 1st September - Sunday 18th October 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														
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		Hydro Circuit 8am				General Swim						Adults Only
	Lane 4				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		W.S. - 8.15am**				General Swim						Adults Only
	Lane 4														

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