

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			General Swim	HIIT Aqua - 11am	Adults Only	General Swim					General Swim	Adults Only			
	Lane 4							Swim Lessons					General Swim				
TUES	Lane 1	6-7am	7-8am	8-9am	9-10am	Lane Swim		11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adults Only			Lane Swim	Lane Swim		Adults Only	Lane Swim					Lane Swim			Adults Only
	Lane 3	Adults Only			General Swim	Aqua 9.45am	Lane Swim	General Swim	Adults Only	General Swim					General Swim	Adults Only	
	Lane 4						Lane Swim			Swim Lessons					General Swim		
WED	Lane 1	6-7am	7-8am	8-9am	9-10am	Lane Swim		11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adults Only			Adult Swim Ts	Lane Swim		Adults Only	Lane Swim	Swim Lessons					Adult Swim Ts	Adults Only	
	Lane 3	Adults Only				Lane Swim	Adults Only	Lane Swim					Lane Swim			Adults Only	
	Lane 4	Adults Only			General Swim	Aqua 11am	Adults Only	General Swim					General Swim	Adults Only			
				Swim Lessons					General Swim								
THUR	Lane 1	6-7am	7-8am	8-9am	9-10am	Lane Swim		11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
	Lane 2	Adults Only			Lane Swim		Adults Only	Lane Swim	Swim Lessons					Lane Swim	Adults Only		
	Lane 3	Adults Only			Lane Swim		Adults Only	Lane Swim					Lane Swim	Adults Only			
	Lane 4	Adults Only			General Swim		Aqua 11am	Adults Only	General Swim					General Swim	Adults Only		
				Swim Lessons					General Swim								
FRI	Lane 1	6-7am	7-8am	8-9am	9-10am	Lane Swim		11am-12pm	12-1pm	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 Lessons					Staff Swim Lesson	Lane Swim	Adults Only		
	Lane 3	Adults Only			Aqua 9am	Lane Swim		Adults Only	Lane Swim					General Swim			Adults Only
	Lane 4	Adults Only				General Swim		Adults Only	General Swim					General Swim	Adults Only		
				Swim Lessons					General Swim								
SAT	Lane 1	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	
	Lane 2	Adults Only			Swim Lessons					Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim		Adults Only		
	Lane 3	Adults Only			Lane Swim								Lane Swim		Adults Only		
	Lane 4	Adults Only			Aqua 8.30am	General Swim					General Swim					Adults Only	
SUN	Lane 1	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	
	Lane 2	Adults Only			Swim Lessons					Closed Set Up	Inflatable Session ***	Closed Take Down	Lane Swim		Adults Only		
	Lane 3	Adults Only			Lane Swim								Lane Swim		Adults Only		
	Lane 4	Adults Only			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 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		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	Hydro Circuit 9:30am			General Swim						Adults Only
	Lane 4		Adults Only		General Swim	Hydro Circuit 9:30am			General Swim						Adults Only
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				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	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	H.S. - 8.10am**					General Swim						Adults Only

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