

INDOOR POOL - Non - Term Time Monday 19th October - Sunday 25th October

		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			Lane Swim		Adults Only	Swim Crash Courses		Lane Swim	Swim Crash Courses		Lane Swim	Adult Swim T3	Adults Only
	Lane 2		Adults Only		Adult Swim T3	Lane Swim		Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only				HIT Aqua - 11am	Adults Only		General Swim		Kids Camps		General Swim		Adults Only
	Lane 4		Adults Only			General Swim								General Swim		Adults Only
TUES	Lane 1		Adults Only			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	Adults Only		General Swim		Kids Camps		General Swim		Adults Only
	Lane 4		Adults Only			Lane Swim	Lane Swim	Adults Only						General Swim		Adults Only
WED	Lane 1		Adults Only			Lane Swim		Adults Only	Swim Crash Courses		Lane Swim	Swim Crash Courses		Lane Swim	Adult Swim T3	Adults Only
	Lane 2		Adults Only		Adult Swim T3	Lane Swim		Adults Only			Lane Swim					Adults Only
	Lane 3		Adults Only				Aqua 11am	Adults Only		General Swim		Kids Camps		General Swim		Adults Only
	Lane 4		Adults Only		General Swim									General Swim		Adults Only
THUR	Lane 1		Adults Only			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 11am	Adults Only		General Swim		Kids Camps		General Swim		Adults Only
	Lane 4		Adults Only			General Swim								General Swim		Adults Only
FRI	Lane 1		Adults Only			Lane Swim		Adults Only	Swim Crash Courses		Lane Swim	Swim Crash Courses		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		Kids Camps		General Swim		Adults Only
	Lane 4		Adults Only			General Swim								General Swim		Adults Only
SAT	Lane 1		Adults Only			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 ***		Lane Swim			Adults Only	
	Lane 3		Adults Only		Aqua 8.15am		General Swim		Closed Take Down			Lane Swim			Adults Only	
	Lane 4		Adults Only			General Swim						General Swim			Adults Only	
SUN	Lane 1		Adults Only			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 ***		Lane Swim			Adults Only	
	Lane 3		Adults Only			General Swim						General 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 - Non - Term Time Monday 19th October - Sunday 25th October

		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		Hydro Spin 08:30 - 09:30				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	Hydro Circuits 09:30			General Swim						Adults Only
	Lane 4		Adults Only						General Swim						Adults Only
THUR	Lane 1		Adults Only						Lane Swim *						Adults Only
	Lane 2		Adults Only		Adult Swim T3**				Lane Swim *						Adults Only
	Lane 3		Adults Only						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						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		Hydro Spin - 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