

INDOOR POOL - Term Time Monday 2nd November - Sunday 13th December 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	HIT Aqua - 11am	Adults Only	General Swim	General Swim	Swim Lessons			General Swim	General Swim	Adults Only
	Lane 4							Adults Only								
TUES	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	Lane Swim		Adults Only			Swim Lessons			Lane Swim	Adults Only	Adults Only
	Lane 3		Adults Only		General Swim	Aqua 9-9:45am	Lane Swim	Adults Only	General Swim	General Swim	Swim Lessons			General Swim	General Swim	Adults Only
	Lane 4					Lane Swim	Lane Swim	Adults Only								
WED	Lane 1		Adults Only		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	Adults Only
	Lane 3		Adults Only			Lane Swim	Aqua 11am	Adults Only	General Swim	General Swim	Swim Lessons			General Swim	General Swim	Adults Only
	Lane 4							Adults Only								
THUR	Lane 1		Adults Only		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			Swim Lessons			Lane Swim	Adults Only	Adults Only
	Lane 3		Adults Only		General Swim		Aqua 11am	Adults Only	General Swim	Lane Swim			General Swim	Lane Swim	Adults Only	Adults Only
	Lane 4							Adults Only	General Swim				Swim Lessons		General Swim	Adults Only
FRI	Lane 1		Adults Only		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 Lessons	Adults Only	Adults Only
	Lane 3		Adults Only		Aqua 9am	Lane Swim	General Swim	Adults Only	General Swim	Lane Swim			General Swim	General Swim	Adults Only	Adults Only
	Lane 4							Adults Only	General Swim				Swim Lessons		General Swim	Adults Only
SAT	Lane 1		Adults Only		9-10am		10-11am	Swim Lessons	11am-12pm	12-1pm	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	Adults Only	Adults Only
	Lane 3		Adults Only		Aqua 8-9:30am		General Swim						General Swim		Adults Only	Adults Only
	Lane 4															
SUN	Lane 1		Adults Only		9-10am		10-11am	Swim Lessons	11am-12pm	12-1pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
	Lane 2		Adults Only				Lane Swim							Lane Swim	Adults Only	Adults Only
	Lane 3		Adults Only				General Swim			Closed Set Up	Inflatable Session ***	Closed Take Down		General Swim	Adults Only	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 - Term Time Monday 2nd November - Sunday 13th December 2026

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm
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		Hydro Circuit 9:30am	General Swim			Adults Only
	Lane 4										
THUR	Lane 1		Adults Only		Adult Swim Ts**			Lane Swim *			Adults Only
	Lane 2		Adults Only					Lane Swim *			Adults Only
	Lane 3		Adults Only		General Swim			General Swim			Adults Only
	Lane 4										
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