

Leisure Pool Timetable 5th September – 23rd October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
07:00								07:00	
08:00	GYM SWIM					ADULTS ONLY LANE SWIM		08:00	
09:00	GYM SWIM					ADULTS ONLY LANE SWIM		09:00	
10:00	GENERAL SWIM	BP	BP	GENERAL SWIM	GENERAL SWIM	SWIM ACADEMY LESSONS		10:00	
11:00	ADULT LANE SWIM	GENERAL SWIM	GENERAL SWIM	ADULT LANE SWIM	ADULT LANE SWIM	GENERAL SWIM		11:00	
12:00	AQUA-FIT	CLEANING		AQUA-FIT	CLEANING	GENERAL SWIM	ADULT LANE SWIM	12:00	
13:00	GS	GYM SWIM		GS	GYM SWIM	GENERAL SWIM	ADULT LANE SWIM	13:00	
14:00	GYM SWIM					ADULT LANE SWIM		14:00	
15:00	STAFF TRAINING							15:00	
16:00	SWIM ACADEMY LESSONS					GENERAL SWIM		16:00	
17:00	SWIM ACADEMY LESSONS					GENERAL SWIM		17:00	
18:00	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM		18:00	
19:00	ADULT LANE SWIM	ROOKIES	ADULT LANE SWIM	ADULT LANE SWIM	SURVIVE & SAVE	TRI-CLUB		19:00	
20:00	ADULTS ONLY LANE SWIM		ADULTS ONLY LANE SWIM		ADULTS ONLY LANE SWIM		ADULTS ONLY LANE SWIM		20:00
21:00	AQUA-FIT	GS	ADULTS SWIM LESSONS		AQUA-FIT	GS		21:00	
22:00	GS = Gym swim available for members. Access through gym side only		BP = Baby and toddler lessons		FUN SPLASH = Pool filled with floats for families				22:00

- Children up to aged 8 years old must be accompanied at all times by a responsible adult (16yrs+), on a maximum ratio of one adult to two children (1:2)
- Children ages 8 to 15 years old who cannot swim 50m (two lengths of the pool; one front crawl and one back stroke in a recognised stroke to Swim England's standard) must be accompanied at all times by responsible adult (16yrs+).
- Children may be asked to demonstrate their swimming ability.