



SWIMMING TIMETABLE

MONDAY 19 JULY - SUNDAY 5 SEPTEMBER 2021

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY	Adult Swim 6.30-7.25	Bookable Swim 7.30-8.10	Aquafit 8.15-8.55 8.55-9.35 9.35-10.15		Members Swim 10.30-11.55		Bookable Swim 12.00-12.45	Members Swim 12.45-2.00	60+ 2.00-2.55	Bookable Swim 3.00-3.45	Family Splash 3.50-5.55	Bookable Swim 6.00-6.45	Members Swim 6.45-8.10		Bookable Swim 8.15-9.00
TUESDAY	Adult Swim 6.30-8.30		Members Swim 8.30-10.25		Bookable Swim 10.30-11.15	Members Swim 11.15-1.55		Bookable Swim 2.00-2.45	Family Splash 2.50-4.55		Bookable Swim 5.00-5.45	Members Swim 5.45-7.00	Adult Swim 7.00-8.10		Bookable Swim 8.15-9.00
WEDNESDAY	Adult Swim 6.30-7.35	Bookable Swim 7.40-8.25	Aquafit 8.30-9.15 9.15-10.00		Members Swim 10.15-11.55		Bookable Swim 12.00-12.45	Members Swim 12.45-2.00	60+ 2.00-2.55	Bookable Swim 3.00-3.45	Family Splash 3.50-5.55	Bookable Swim 6.00-6.45	Members Swim 6.45-8.10		Bookable Swim 8.15-9.00
THURSDAY	Adult Swim 6.30-8.30		Members Swim 8.30-10.25		Bookable Swim 10.30-11.15	Members Swim 11.15-1.55		Bookable Swim 2.00-2.45	Family Splash 2.50-4.55		Bookable Swim 5.00-5.45	Members Swim 5.45-7.00	Adult Swim 7.00-8.10		Bookable Swim 8.15-9.00
FRIDAY	Adult Swim 6.30-7.25	Bookable Swim 7.30-8.10	Aquafit 8.15-9.00 9.00-9.45		Members Swim 10.00-11.55		Bookable Swim 12.00-12.45	Members Swim 12.45-2.00	60+ 2.00-2.55	Bookable Swim 3.00-3.45	Family Splash 3.50-5.55	Bookable Swim 6.00-6.45	Members Swim 6.45-8.10		Bookable Swim 8.15-9.00
SATURDAY		Adult Swim 8.00-9.00	Members Swim 9.00-10.00	Family Splash 10.00-11.55		Bookable Swim 12.00-12.45	Family Splash 12.50-3.00		Members Swim 3.00-4.55	Bookable Swim 5.00-5.45	Members Swim 5.45-7.00	Adult Swim 7.00-8.00			
SUNDAY		Adult Swim 8.00-9.00	Members Swim 9.00-10.00	Family Splash 10.00-11.55		Bookable Swim 12.00-12.45	Family Splash 12.50-3.00		Members Swim 3.00-4.55	Bookable Swim 5.00-5.45	Members Swim 5.45-7.00	Adult Swim 7.00-8.00			
BANK HOLIDAY MONDAY 30 AUGUST		Adult Swim 8.00-10.00		Family Splash 10.00-12.00		Adult Swim 12.00-2.00		Family Splash 2.00-3.30		<i>Club closes at 4pm</i>					

ALL CHANGING ROOMS ARE FULLY OPEN TO CHANGE BOTH BEFORE & AFTER SWIMMING

- If you wish you may still arrive pre-changed and towel dry on the side of the pool
- Sauna and Steam Room - now fully open for use **
- **Not during Aquafit **Not for bookable slots unless you have booked a slot

Adult Swim (4 lanes): Age 18+

Members Swim (2 lanes): Lengths swim – suitable for all

Bookable Swim (4 lanes): Max of 8 swimmers per session - these sessions can be booked via the app or via Reception

Family Splash: All ages - swimming with large floats

60+: 60 years of age and over only

Children under 8 must be accompanied by an adult (18+) or parent

Please Note:

20 July - pool will close at 8pm for lifeguard re assessments

27 July - half pool closed for lifeguard training at 10.30am

13, 16 & 18 August - pool closed 3-4pm