



SWIMMING TIMETABLE

MONDAY 6 SEPTEMBER - SUNDAY 19 DECEMBER 2021

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
MONDAY	Adult Swim 06.30-07.25	Bookable Swim 07.30-08.10	Aquafit 08.15-08.55 08.55-09.35 09.35-10.15		Members Swim 10.30-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00				Members Swim 17.00-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00	
TUESDAY	Adult Swim 06.30-08.30		Members Swim 08.30-09.45				Members Swim 12.00-14.00					Members Swim 18.00-19.00	Adult Swim 19.00-20.10	Bookable Swim 20.15-21.00	
WEDNESDAY	Adult Swim 06.30-07.35	Bookable Swim 07.40-08.25	Aquafit 08.30-09.15 09.15-10.00		Members Swim 10.15-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00							Members Swim 19.30-20.10	Bookable Swim 20.15-21.00
THURSDAY	Adult Swim 06.30-08.30		Members Swim 08.30-10.25		Bookable Swim 10.30-11.15		Members Swim 11.15-14.00							Adult Swim 19.15-20.10	Bookable Swim 20.15-21.00
FRIDAY	Adult Swim 06.30-07.25	Bookable Swim 07.30-08.10	Aquafit 08.15-09.00 09.00-09.45		Members Swim 10.00-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45		Members Swim 15.50-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00	
SATURDAY					Family Splash 10.45-11.55						Members Swim 16.00-16.55	Bookable Swim 17.00-17.45	Members Swim 17.45-19.00	Adult Swim 19.00-20.00	
SUNDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00	Family Splash 10.00-11.55		Bookable Swim 12.00-12.45	Family Splash 12.50-15.00	Members Swim 15.00-16.15					Members Swim 18.15-19.00	Adult Swim 19.00-20.00	

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



SWIMMING TIMETABLE

HALF TERM MONDAY 25 OCTOBER - SUNDAY 31 OCTOBER 2021

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
MONDAY	Adult Swim 06.30-07.25	Bookable Swim 07.30-08.10	Aquafit 08.15-08.55 08.55-09.35 09.35-10.15	Members Swim 10.30-11.55	Members Swim 12.45-14.00	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45	Family Splash 15.50-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00		
TUESDAY	Adult Swim 06.30-08.30		Members Swim 08.30-10.25	Bookable Swim 10.30-11.15	Members Swim 11.15-13.55		Bookable Swim 14.00-14.45	Family Splash 14.50-16.55	Bookable Swim 17.00-17.45	Members Swim 17.45-19.00	Adult Swim 19.00-20.10	Bookable Swim 20.15-21.00			
WEDNESDAY	Adult Swim 06.30-07.35	Bookable Swim 07.40-08.25	Aquafit 08.30-09.15 09.15-10.00	Members Swim 10.15-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45	Family Splash 15.50-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00			
THURSDAY	Adult Swim 06.30-08.30		Members Swim 08.30-10.25	Bookable Swim 10.30-11.15	Members Swim 11.15-13.55		Bookable Swim 14.00-14.45	Family Splash 14.50-16.55	Bookable Swim 17.00-17.45	Members Swim 17.45-19.00	Adult Swim 19.00-20.10	Bookable Swim 20.15-21.00			
FRIDAY	Adult Swim 06.30-07.25	Bookable Swim 07.30-08.10	Aquafit 08.15-09.00 09.00-09.45	Members Swim 10.00-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45	Members Swim 15.50-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00			
SATURDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00	Family Splash 10.00-11.55	Bookable Swim 12.00-12.45	Family Splash 12.50-15.00	Members Swim 15.00-16.55	Bookable Swim 17.00-17.45	Members Swim 17.50-19.00	Adult Swim 19.00-20.00					
SUNDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00	Family Splash 10.00-11.55	Bookable Swim 12.00-12.45	Family Splash 12.50-15.00	Members Swim 15.00-16.55	Bookable Swim 17.00-17.45	Members Swim 17.50-19.00	Adult Swim 19.00-20.00					

HALF TERM MONDAY 1 NOVEMBER - SUNDAY 7 NOVEMBER 2021

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
MONDAY	Adult Swim 06.30-07.25	Bookable Swim 07.30-08.10	Aquafit 08.15-08.55 08.55-09.35 09.35-10.15	Members Swim 10.30-11.55	Members Swim 12.45-14.00	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45	Family Splash 15.50-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00		
TUESDAY	Adult Swim 06.30-08.30		Members Swim 08.30-10.25	Bookable Swim 10.30-11.15	Members Swim 11.15-13.55		Bookable Swim 14.00-14.45	Family Splash 14.50-16.55	Bookable Swim 17.00-17.45	Members Swim 17.45-19.00	Adult Swim 19.00-20.10	Bookable Swim 20.15-21.00			
WEDNESDAY	Adult Swim 06.30-07.35	Bookable Swim 07.40-08.25	Aquafit 08.30-09.15 09.15-10.00	Members Swim 10.15-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45					Members Swim 19.30-20.10	Bookable Swim 20.15-21.00	
THURSDAY	Adult Swim 06.30-08.30		Members Swim 08.30-10.25	Bookable Swim 10.30-11.15	Members Swim 11.15-13.55		Bookable Swim 14.00-14.45	Family Splash 14.50-16.55					Adult Swim 19.15-20.10	Bookable Swim 20.15-21.00	
FRIDAY	Adult Swim 06.30-07.25	Bookable Swim 07.30-08.10	Aquafit 08.15-09.00 09.00-09.45	Members Swim 10.00-11.55	Bookable Swim 12.00-12.45	Members Swim 12.45-14.00	60+ 14.00-14.55	Bookable Swim 15.00-15.45	Members Swim 15.50-17.55	Bookable Swim 18.00-18.45	Members Swim 18.45-20.10	Bookable Swim 20.15-21.00			
SATURDAY					Family Splash 10.45-11.55	Bookable Swim 12.00-12.45	Family Splash 12.50-15.00	Members Swim 15.00-16.55	Bookable Swim 17.00-17.45	Members Swim 17.50-19.00	Adult Swim 19.00-20.00				
SUNDAY		Adult Swim 08.00-09.00	Members Swim 09.00-10.00	Family Splash 10.00-11.55	Bookable Swim 12.00-12.45	Family Splash 12.50-15.00	Members Swim 15.00-16.15				Members Swim 18.15-19.00	Adult Swim 19.00-20.00			

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