

SWIMMING POOL TIMETABLE

MONDAY 22ND JULY - SUNDAY 1ST SEPTEMBER 2024

SUMMER HOLIDAYS



Monday (Excludes 26th Aug)

7.00am – 9.00am	Lane Swimming**
9.20am – 10.25am	Intensive Lessons
10.30am – 11.30am	Floats & Fun
12.00pm – 1.00pm	Lane Swimming
1.00pm – 3.00pm	Public Swimming
3.15pm – 4.15pm	Family Floats & Fun (Learner pool & shallow end of main pool only)
5.00pm – 7.00pm	Public Swimming- excluding 19th Aug
8.00pm – 9.00pm	Lane Swimming

Tuesday

7.00am – 8.00am	Lane Swimming**
8.15am – 9.15am	Aqua Fit
9.20am – 10.25am	Intensive Lessons
10.30am – 11.30am	Floats & Fun +
12.00pm – 1.00pm	Lane Swimming +
1.30pm – 2.30pm	Pool Inflatable* +
5.00pm – 6.45pm	Public Swimming- excludes 20th & 27th Aug
7.00pm – 7.45pm	Adult Improver Lessons
8.00pm – 9.00pm	Aqua Fit

Wednesday

7.00am – 9.00am	Lane Swimming**
9.20am – 10.25am	Intensive Lessons
10.30am – 11.30am	Family Floats & Fun (Learner pool & shallow end of main pool only)
12.00pm – 1.00pm	Lane Swimming
1.00pm – 3.00pm	Public Swimming
4.30pm – 5.15pm	Pool inflatable*
7.00pm – 8.00pm	Public Swimming
8.00pm – 9.00pm	Lane Swimming

Thursday

7.00am – 9.00am	Lane Swimming**
9.20am – 10.25am	Intensive Lessons
10.30am – 11.30am	Floats & Fun
11.45am – 12.45pm	Aqua Fit
11.45am – 12.45pm	Public Swimming
1.00pm – 2.00pm	Public Swimming
2.15pm – 3.15pm	ALN Floats & Fun
5.00pm – 7.00pm	Public Swimming – excludes 22nd & 29th Aug
7.15pm – 8.00pm	Adult Swimming
8.00pm – 9.00pm	Lane Swimming

Friday

7.00am – 9.00am	Lane Swimming**
9.20am – 10.25am	Intensive Lessons
10.30am – 11.45am	Public Swimming
12.00pm – 1.00pm	Lane Swimming
1.00pm – 2.00pm	Public Swimming
3.45pm – 4.45pm	Family Floats & Fun (Learner pool & shallow end of main pool only)
5.00pm – 6.45pm	Disco Floats & Fun
7.00pm – 8.00pm	Lane Swimming – excludes 23rd & 30th Aug

Saturday

8.30am – 10.00am	Lane Swimming**
11.30am – 1.00pm	Public Swimming
1.00pm – 2.00pm	Family Floats & Fun (Learner pool & shallow end of main pool only)
2.00pm – 3.00pm	Public Swimming
3.30pm – 4.30pm	Private hire/Parties

Sunday

8.15am – 9.45am	Lane Swimming**
9.45am – 11.00am	Public Swimming
11.00am – 12.00pm	Family Floats & Fun (Learner pool & shallow end of main pool only)
12.00pm – 1.00pm	Public Swimming
1.30pm – 2.30pm	Private hire/Parties

	Learner pool only
	FREE for all registered children aged 19 & under
*	Aged 8+ must be competent swimmers in the deepend.
**	No pre-booking, book in at the centre on arrival.
+	These sessions will not be running 20th Aug, please see separate Summer of Fun timetable for more information.
<u>Although not essential, we would recommend booking to guarantee your space</u>	

