

SWIMMING POOL TIMETABLE

MONDAY 22ND JULY - SUNDAY 1ST SEPTEMBER 2024



Monday (Excludes 26th August)

6:00am - 7:00am	Lane Swimming*
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:15am - 10:15am	Family Floats & Fun
11:00am - 5:00pm	Public Swimming
5:15pm - 6:15pm	Lane Swimming
6:30pm - 7:30pm	Disco Floats & Fun
7:45pm - 8:45pm	Public Swimming
9:00pm - 10:00pm	Lane Swimming*

Tuesday

7:00am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
9:45am - 10:45am	ALN Family Swimming
11:00am - 5:00pm	Public Swimming
5:30pm - 6:30pm	Lane Swimming*
9:00pm - 10:00pm	Lane Swimming*

Wednesday

6:00am - 7:30am	Lane Swimming*
7:30am - 8:30am	Lane Swimming
8:45am - 9:30am	Aqua Fit
10:00am - 11:45am	Floats & Fun
12:00pm - 1:00pm	Lane Swimming
12:00pm - 1:00pm	Public Swimming**
1:30pm - 5:00pm	Public Swimming
5:00pm - 6:00pm	Junior Swimfit
6:30pm - 7:30pm	Lane Swimming*
9:00pm - 10:00pm	Lane Swimming

Thursday

7:00am - 8:00am	Lane Swimming*
8:00am - 9:00am	Lane Swimming
9:10am - 9:55am	Aqua Fit
10:00am - 11:00am	Family Swimming
11:00am - 5:00pm	Public Swimming
5:15pm - 6:15pm	Lane Swimming
6:30pm - 7:30pm	Family Floats & Fun
7:45pm - 8:45pm	Public Swimming
9:00pm - 10:00pm	Lane Swimming

Friday

6:00am - 7:00am	Lane Swimming*
7:00am - 8:00am	Lane Swimming
8:00am - 9:00am	Lane Swimming
9:30am - 10:30am	Pool Inflatable +
11:00am - 5:00pm	Public Swimming
5:00pm - 6:00pm	Adult Swimfit
7:00pm - 8:00pm	Lane Swimming*
8:00pm - 9:00pm	Lane Swimming

Saturday

7:30am - 9:00am	Lane Swimming
8:00am - 10:00am	Family Swimming*
9:00am - 10:00am	Junior Swimfit
10:00am - 12:00pm	Floats and Fun
12:00pm - 1:00pm	Public Swimming
1:30pm - 2:30pm	Private Hire/Parties

Sunday

7:30am - 9:00am	Lane Swimming
9:00am - 10:00am	Family Floats and Fun
10:00am - 1:00pm	Public Swimming
1:30pm - 2:30pm	Lane Swimming*

	FREE for all registered children aged 19 & under
	These sessions will only be running w/c 5th Aug & 12th Aug, please see separate Summer of Fun timetable for more information.
+	Must be confident swimming in deep water. Admission policy applies
	Family Swim – Admission policy applies
	*4 Lane Session **Learner Pool Only
Although not essential, we would recommend booking to guarantee your space	

