

# SWIMMING POOL TIMETABLE

## MONDAY 3RD NOVEMBER - SUNDAY 21ST DECEMBER 2025



### Monday

6.00am – 7.25am	Lane Swimming
7.30am – 8.45am	Public Swimming
9.00am – 9.55am	AquaFit
10.00am – 10.55am	Aquatherapy
11.00am – 11.55am	Ladies Only
12.00pm – 12.55pm	Public Swimming
3.45pm – 6.00pm	Swimming Lessons
8.05pm – 8.55pm	Lane Swimming

### Tuesday

6.00am – 7.25am	Lane Swimming
7.30am – 8.55am	Public Swimming
12.00pm – 12.55pm	Public Swimming
3.45pm – 6.00pm	Swimming Lessons
6.15pm – 6.55pm	Public Swimming
7.00pm – 7.55pm	National Lifesaving Academy
8.00pm – 8.55pm	Adult Swim Fit

### Wednesday

6.00am – 7.25am	Lane Swimming
7.30am – 8.55am	Public Swimming
12.00pm – 12.55pm	Public Swimming
3.45pm – 6.00pm	Swimming Lessons
8.00pm – 8.55pm	Lane Swimming

### Thursday

6.00am – 6.55am	Lane Swimming
7.00am – 7.45am	Public Swimming
8.00am – 8.55am	Aqua Therapy
11.15am – 12.00pm	Aqua Zumba
12.00pm – 12.55pm	Public Swimming
3.45pm – 6.00pm	Swimming Lessons
6.05pm – 6.55pm	Public Swimming
8.00pm – 8.55pm	Lane Swimming

### Friday

6.00am – 7.25am	Lane Swimming
7.30am – 8.45am	Public Swimming
11.15am – 13.25pm	Public Swimming
1.30pm – 5.00pm	Swimming Lessons
4.00pm – 4.30pm	Rookies Lifesaving
4.30pm – 5.00pm	Rookies Lifesaving
5.05pm – 5.55pm	Public Swimming
8.00pm – 8.55pm	Lane Swimming

### Saturday

7.15am – 8.25am	Public Swimming
8.30am – 10.55am	Swimming Lessons
11.00am – 11.55am	Family Floats and Fun **
12.00pm – 12.55pm	Floats and Fun
1.00pm – 1.45pm	Adults Only
2.00pm – 3.55pm	Private hire/Parties

### Sunday

7.15am – 8.15am	Lane Swimming
8.30am – 9.25am	Public Swimming
10.00am – 12.15pm	Floats and Fun
12.20pm – 1.45pm	Public Swimming
2.00pm – 3.55pm	Private hire/Parties

	FREE for all registered children aged 19 & under
* *	Child admission policy relaxed during this session so that you can bring more children per adult. Please refer to our admission policy for more information.
	<u>Although not essential, we would recommend booking to guarantee your space</u>

