

SUMMER HOLIDAYS

JUNIOR TIMETABLE

21st July - 31st August 2025

DAY	ACTIVITY	TIME	AGE
MONDAY	Family Fitness*	09:00 - 17:00	11*
	ALN Family Swimming**	09:30 - 11:30	0+
	Design Squad	12:00 - 13:00	4-10
	Public Swimming	13:00 - 16:00	0+
	Disco Floats and Fun	16:00 - 17:00	0+
	Big Bounce	10:00 - 17:00	2-11
TUESDAY	Family Fitness*	09:00 - 17:00	11*
	Pool Inflatable***	10:30 - 11:30	8+
	Public Swimming****	12:00 - 17:00	0+
	Big Bounce	10:00 - 17:00	2-11
WEDNESDAY	Family Fitness*	09:00 - 17:00	11+*
	Floats and Fun	09:45 - 11:45	0+
	Public Swimming	13:00 - 17:00	0+
	Big Bounce	10:00 - 17:00	2-11
THURSDAY	Family Fitness*	09:00 - 17:00	11*
	Floats and Fun	09:15 - 10:15	0+
	Public Swimming	12:00 - 17:00	0+
	Big Bounce	10:00 - 17:00	2-11
FRIDAY	Family Fitness*	09:00 - 17:00	11+*
	Family Floats and Fun	09:30 - 11:30	0+
	Public Swimming	13:00 - 15:45	0+
	Disco Floats and Fun	15:45 - 16:45	0+
	Big Bounce	10:00 - 17:00	2-11
SATURDAY	Family Fitness*	07:30 - 15:00	11+*
	Junior Swimfit	09:00 - 10:00	8+
	Floats and Fun	10:00 - 12:00	0+
	Public Swimming**	12:00 - 13:00	0+
	Big Bounce	10:00 - 15:00	2-11
SUNDAY	Family Fitness*	07:30 - 15:00	11+*
	Family Floats and Fun	09:00 - 10:00	0+
	Public Swimming	10:00 - 13:00	0+
	Big Bounce	10:00 - 15:00	2-11

*Accompanied by adult and induction required

**Free for all registered juniors & teens

***Need to be confident in deep water

**** No swimming 13:00-15:00 05/08/25