

# SWIMMING POOL TIMETABLE

## MONDAY 30TH MARCH - SUNDAY 5TH APRIL 2026

### WEEK 1



#### Monday

6.00am - 9.00am	Lane Swimming**
9.20am - 10.20am	Public Swimming
10.30am - 11.30am	Floats & Fun
12.00pm - 1.00pm	Lane Swimming
1.30pm - 2.30pm	Public Swimming
4.30pm - 5.30pm	Disco Floats & Fun
6.00pm - 7.00pm	Public Swimming (learner pool)
8.00pm - 9.00pm	Lane Swimming

#### Tuesday

7.00am - 8.00am	Lane Swimming**
8.15am - 9.15am	Aqua Fit
9.20am - 10.20am	Public Swimming
10.30am - 11.30am	Floats & Fun
12.00pm - 1.00pm	Lane Swimming
1.30pm - 2.15pm	Pool Inflatable*
2.30pm - 3.15pm	Pool Inflatable*
6.00pm - 7.00pm	Public Swimming (learner pool)
7.00pm - 7.45pm	Adult Improver Lessons

#### Wednesday

6.00am - 9.00am	Lane Swimming**
9.20am - 10.20am	Public Swimming
10.30am - 11.30am	Family Floats & Fun*** (Learner pool & shallow end of main pool only)
12.00pm - 1.00pm	Lane Swimming
1.30pm - 2.30pm	Public Swimming
4.30pm - 5.30pm	Floats & Fun
6.00pm - 6.45pm	Public Swimming

#### Thursday

7.00am - 9.00am	Lane Swimming**
9.20am - 10.20am	Public Swimming
10.30am - 11.30am	Floats & Fun
11.30am - 12.30pm	Aqua Fit
1.30pm - 2.30pm	Public Swimming
3.00pm - 4.00pm	ALN Floats & Fun
5.00pm - 7.00pm	Public Swimming (learner pool)
8.15pm - 9.00pm	Lane Swimming

#### Friday - Good Friday

8.00am - 10.00am	Lane Swimming**
10.00am - 11.00am	Family Floats & Fun*** (Learner pool & shallow end of main pool only)
11.00am - 12.30pm	Public Swimming

#### Saturday

7.30am - 9.00am	Lane Swimming**
9.15am - 10.15am	ALN Floats & Fun
10.30am - 11.30am	Public Swimming
11.45am - 12.45pm	Family Floats & Fun*** (Learner pool & shallow end of main pool only)
1.00pm - 2.00pm	Public Swimming

#### Sunday

8.15am - 9.45am	Lane Swimming**
10.00am - 11.00am	Family Floats & Fun*** (Learner pool & shallow end of main pool only)
11.15am - 1.00pm	Public Swimming
1.00pm - 2.00pm	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.
***	Family Floats & Fun ratio: 0-3 years - One responsible person 16+ to two children 4-7 years - One responsible person 16+ to three children 0-3 & 4-7 years - One responsible person 16+ to three children (one aged 0-3 and two aged 4-7)
ALN	A quieter session for families with children with Additional Learning Needs
<u>Although not essential, we would recommend booking to guarantee your space</u>	

