

MAIN POOL – Term time

Monday	06:30 - 08:45	Early Morning Swim
	09:00 - 10:00 10:00 - 13:30 13:30 - 15:00 13:30 - 15:00 15:00 - 18:30 18:30 - 20:00 20:00 - 21:00 21:00 - 22:00	PUBLIC & Disabled/Primetime (50+) Public Schools PUBLIC – (one lane only) PUBLIC (shared with club 17.30-19.00) PUBLIC – Adults (staff training twice/month) Adult lessons 1 lane 19.00 – 20.00 PUBLIC - Adults (deep water) Clubs
Tuesday	06:30 - 08:45	Early Morning Swim
	09:00 - 11:00 09:30 - 11:00 11:00 - 13:30 13:30 - 15:00 13:30 - 15:00 15:00 - 16:30 15:00 - 16:30 15:30 - 16:45 16:30 - 21:00 21:00 - 22:00	PUBLIC (deep water only) Schools PUBLIC Schools PUBLIC – (one lane only) PUBLIC Primetime (50+ 2 lanes) School (2 lanes) PUBLIC (shared with club 17.00-21.00) Clubs
Wednesday	06:30 - 08:45	Early Morning Swim
	09:00 - 09:30 09:30 - 11:30 10:30 - 11:30 11:30 - 12:30 12:30 - 13:30 13:30 - 15:00 13:30 - 15:00 15:00 - 16:00 15:00 - 16:00 16:00 - 18:00 18:00 - 22:00	PUBLIC (30 minutes ONLY) Schools PUBLIC (Deep water only) PUBLIC PUBLIC(deep water only) Schools PUBLIC – (one lane) Primetime (50+) (½ Pool) PUBLIC (½ Pool) PUBLIC Clubs
Thursday	06:30 - 08:45	Early Morning Swim
	09:00 - 10:00 10:00 - 13:30 13:30 - 15:00 13:30 - 15:00 15:00 - 16:00 16:00 - 17:00 16:00 - 17:00 17:00 - 22:00	Disabled/Primetime PUBLIC Schools PUBLIC – (one lane) PUBLIC PUBLIC (shallow water) Lessons (deep water) PUBLIC (shared with club 19.00-22.00)
Friday	06:30 - 08:45	Early Morning Swim
	09:00 - 10:30 10:30 - 11:00 11:00 - 13:30 13:30 - 15:00 13:30 - 15:00 15:00 - 16:30 15:00 - 16:30 16:30 - 20:00 20:00 - 21:00 21:00 - 22:00	PUBLIC (deep water only) Schools (Pool Closed) PUBLIC Schools PUBLIC – (one lane) Primetime (50+) (½ Pool) PUBLIC (½ Pool) PUBLIC (shared with club 17.00-19.30) PUBLIC - ladies PUBLIC - adults
Saturday	07:00 - 08:00	PRIVATE HIRE
	08:00 - 09:00 09:00 - 10:45 10:45 - 12:30 12:30 - 16:15 16:45 - 21:00	Clubs Lessons - junior Inflatable Session PUBLIC PARTIES/PRIVATE HIRE
Sunday	08:00 - 13:00 13:00 - 13:30 13:30 - 16:30 15:30 - 16:30 16:45 - 17:45 18:00 - 19:00 19:00 - 20:00	PUBLIC (shared with clubs 08.00 – 11.30) CLOSED FAMILY ONLY PUBLIC SESSION* Family Inflatable Party/Private Hire Junior Lessons Clubs

*FAMILY ONLY PUBLIC SESSION

This is a family only session. Access is restricted to parents/guardians swimming with their children (under 16) only. All children (under 16) must be parent/guardian accompanied at all times when in the swimming pool.

TEACHING POOL – Term Time

Monday	10:00 - 11:00 11:00 - 11:45 12:00 - 13:30 13:30 - 15:00 15:00 - 16:00 16:00 - 20:00	Adult & Child Lessons Water Aerobics Lessons – water play Schools PUBLIC Lessons - junior
	10:30 - 12:00 12:30 - 13:30 14:30 - 15:00 15:00 - 16:00 16:00 - 20:00	Schools PUBLIC Schools PUBLIC Lessons – junior
Tuesday	09:00 - 12:00 12:30 - 13:30 13:30 - 15:00 15:00 - 16:00 16:00 - 20:00	Schools PUBLIC Schools PUBLIC Lessons – junior
	09:30 - 10:30 10:30 - 11:15 11:30 - 12:30 12:30 - 13:00 13:30 - 15:00 15:00 - 19:00	Schools Water Aerobics Adult & Child Lessons Lessons - water play Schools PUBLIC (shared with lessons 16.00 – 18:00)
Wednesday	10:30 - 11:30 12:00 - 13:00 13:30 - 15:00 15:00 - 16:00 16:00 - 20:00	Adult & Child Lessons Lessons - water play Schools PUBLIC Lessons - junior
	08:30 - 12:30 12:30 - 16:15 16:15 - 17:15	Lessons – junior PUBLIC Parties/Private Hire
Thursday	09:00 - 13:00 13:00 - 13:30 13:30 - 16:15 16:30 - 17:30	PUBLIC (shared with lessons 09.15 – 10.45) CLOSED FAMILY ONLY PUBLIC SESSION* Parties/Private Hire
	16:30 - 17:30	Parties/Private Hire

FLUMES – Term Time

Monday	16:30 - 17:30	Party/Private Hire
Tuesday	16:30 - 17:30	Party/Private Hire
Wednesday	16:30 - 17:30	Party/Private Hire
Thursday	16:30 - 17:30	Party/Private Hire
Friday	16:00 - 18:00 18:00 - 19:00	PUBLIC Party/Private Hire
Saturday	11:00 - 13:00 13:00 - 16:15 16:30 - 17:30 17:30 - 18:30	Party/Private Hire PUBLIC Party/Private Hire Party/Private Hire
	10:00 - 13:00 13:00 - 13:30 13:30 - 15:30 16:00 - 17:00	PUBLIC CLOSED FAMILY ONLY PUBLIC SESSION* Party/Private Hire

Your Guide to our Swimming Programme

Early Morning Swim

Set yourself up for the day with a refreshing and invigorating dip.

Diving Pit & Boards

Closed to the public during pre-booked sessions. The diving pit and boards are subject to availability and the management reserve the right to close this area and facility for safety reasons.

Public

These sessions are open to swimmers of all abilities and in the main pool we have lanes allocated for those who take their exercise seriously.

Primetime (50+)

Special sessions to enjoy a relaxing swim in a child free area.

Parties & Private Hire

Special sessions especially for parties, galas and any special occasion. Call the centre for prices and availability.

Water Aerobics

An aerobic class performed in the water. Water exercise improves fitness, muscle tone and reduces stress on the joints.

Lessons

We offer a comprehensive STA programme covering all levels of ability, for everyone – from babies to adults who have never before acquired confidence and skills in the water. Crash Courses are run during holiday time subject to demand.

Inflatable Fun (*families and under 12's Only*)

Come and join in on the fun on the 'Commando Run' with fun in our pool with large floats and a giant inflatable in the main pool. Perfect for amazing wild, crazy and wacky waterborne fun. (**giant inflatable in main pool only and is subject to availability*).

Flumes

Children must be at least 1 meter tall and able to swim unaided to ride all Flumes.

Schools

Private hire for school lessons.

Clubs

Private Hire for Club use. No public access during these times. For a full list of Clubs, please see our website.

Under 8s Swimming Policy

During public swimming sessions, children under the age of 8 must be accompanied into the water by a responsible adult. Where children are under 8 years of age, the ratio must be one adult to three children. If two children are 4 years or younger then the ratio must be one adult to two children

Term Time Programme

From Monday 4th September