

## Main pool

	6:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
<b>MONDAY</b>	Lane Swim 6:30-7:30	Lane Swim 8:00-9:00	Disabled/ Primetime 09:15 - 10:00		Lane Swim 10:30-11:30	Lane Swim 12:00-13:00	Lane Swim 13:30-14:30	Lane Swim 15:00-16:00	Lane Swim x6 16:30-17:30	Club 17:30-20:00							
<b>TUESDAY</b>	Lane Swim 06:30 - 7:30	Lane Swim 8:00-9:00		Lane Swim 09:15 - 10:15	Lane Swim 10:30 - 11:30	Lane Swim 12:00-13:00	Lane Swim 13:30-14:30	Primetime 14:30 - 15:30	Lane Swim 16:00-17:00	Clubs 17:00-20:00							
<b>WEDNESDAY</b>	Lane Swim 06:30 - 7:30	Lane Swim 8:00-9:00		Lane Swim 09:30 - 10:30	Lane Swim 11:00 - 12:00	Lane Swim 12:30 - 13:30	Lane Swim 13:30 - 14:30	Primetime 14:45 - 15:45	Lane Swim 16:30-17:30	Clubs 18:00 - 20:00							
<b>THURSDAY</b>	Lane Swim 06:30 - 07:30	Lane Swim 8:00-9:00	Disabled/ Primetime 09:15 - 10:00		Lane Swim 10:30 - 11:30	Lane Swim 12:00 - 13:00	Lane Swim 13:30 - 14:30	Lane Swim 15:00 - 16:00	Lane Swim 16:30 - 17:30	Lane Swim 18:00 - 19:00	Club 19:00 - 20:00						
<b>FRIDAY</b>	Lane Swim 06:30 - 07:30	Lane Swim 8:00-9:00		Lane Swim 9:30-10:30	Lane Swim 11:00 - 12:00	Lane Swim 12:30 - 13:30	Lane Swim 14:00 - 15:00	Primetime 15:30 - 16:30	Clubs 17:00 - 20:00								
<b>SATURDAY</b>		Clubs 07:30 - 09:00		Family Session 09:30-10:30 Lane Swim 25M	Family Session 11:00-12:00 Lane Swim 25M	Family Session 12:30-13:30 Lane Swim 25M	Family Session 14:00-15:00 Synchro D/P	Family Session 15:30-16:30 Synchro D/P									
<b>SUNDAY</b>		Lane Swim x6 7:30-8:30		Club 8:30-11:00		Family Session 11:30-12:30 Lane Swim 25M	Family Session 13:00-14:00 Lane Swim 25M	Family Session 14:30-15:30 Highgate Diving	Family Session 15:30-16:30 Highgate Diving								

## Teaching pool

	6:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	
MONDAY				Family Swim		Family Swim		Family Swim		Family Swim		Family Swim						
TUESDAY				Family Swim		Family Swim		Family Swim		Family Swim		Family Swim						
WEDNESDAY				Family Swim		Family Swim		Family Swim		Family Swim		Family Swim						
THURSDAY				Family Swim		Family Swim		Family Swim		Family Swim		Family Swim						
FRIDAY				Family Swim		Family Swim		Family Swim		Family Swim		Family Swim						
SATURDAY			Family Swim		Family Swim		Family Swim		Family Swim		Family Swim							
SUNDAY						Family Swim		Family Swim		Family Swim		Family Swim						

### Lane Swim

Three lanes available at slow, medium or fast pace swimming. Swimming for all abilities, minimum age of 14 years apply and continuous swimming is required. Life Guard will monitor the speed of swimmers and may ask users to switch lanes if required.

### Family Swim

Bookable sessions for families to swim. Bookable in Main Pool or Teaching Pool for all abilities. Please ensure you allow for social distancing from other families. All Pool rules apply, no personal use of inflatables, snorkels, balls.

### Swimming Lessons

The lessons have exclusive use of the pool, please make sure you have checked the start time of your lesson as we are doing staggered starts.

### Clubs

The Main Pool is hired for use of clubs to train for competitions and other activities

### Schools

Schools from the area visit the centre to complete swimming lessons as part of the National Curriculum. Where schools do not attend, Lane Swimming will become available

### Lifeguard Training

Training sessions are scheduled for the lifeguards as part of their ongoing competency