

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
MONDAY		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 13:15-14:15		Lane Swim 14:30 - 15:30		Swimming Lessons 16:00-17:00		Club 17:30-20:00			
TUESDAY		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		Lessons 16:00 - 16:30		Clubs 17:00-20:00				
WEDNESDAY		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 - 15:30		Lessons 16:00 - 17:30		Clubs 18:00 - 20:00				
THURSDAY		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 13:15-14:15		Lane Swim 14:30 - 15:30		Lessons 16:00 - 17:30	Lane Swim 18:00 - 19:00	Club 19:00 - 20:00			
FRIDAY		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				
SATURDAY			Clubs 07:30 - 09:00	Swimming Lessons Only 09:00 - 11:00		Family Session 11:30- 12:30	Family Session 13:00-14:00	Family Session 14:30-15:30					Clubs 11:00 - 16:30 (diving pit)				
SUNDAY		Lane Swim x6 7:30- 8:30		Clubs 08:30 - 11:00		Swimming Lessons 11:30-13:00	Family Session 13:15- 14:15	Family Session 14:45-15:45		Lane Swim 25M		Clubs 14:30 - 16:30					

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	Parent & Baby					Pre-school Lessons	Family Swim	Family Swim	Swimming Lessons									
TUESDAY	School Swimming				Family Swim	Family Swim	Family Swim	Swimming Lessons										
WEDNESDAY						Family Swim	Family Swim	Family Swim	Family Swim									
THURSDAY	Parent & Baby					Pre-school Lessons	Family Swim	Swimming Lessons										
FRIDAY	Parent & Baby				Pre-school Lessons	Family Swim	Swimming Lessons											
SATURDAY	Junior Lessons				Family Swim	Family Swim												
SUNDAY	Junior Lessons				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