

SWIMMING TIMETABLE

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
06:30	Adults Only 06:30 - 09:00am	Adults Only 06:30 - 09:00am	Adults Only 06:30 - 09:00am	Adults Only 06:30 - 09:00am	Adults Only 06:30 - 09:00am		
07:00							
08:00						Adults Only 08:00 - 08:30am	Adults Only 08:30 - 10:00am
09:00	Use For All 09:00 - 9:50am	Use For All 09:00 - 10:00am	Use For All 09:00 - 10:00am	Use For All 09:00 - 10:00am	Use For All 09:00 - 10:00am	Splash Swim 08:30 - 13:00pm	Use For All 08:30 - 13:00pm
10:00	Aqua 09:50 - 10:30am 10:40 - 11:20am 11:30 - 12:10pm	Aqua 10:00 - 10:45am 11:00 - 11:45am	Aqua 10:00 - 10:45am 11:00 - 11:45am	Aqua 10:00 - 10:45am 11:00 - 11:45am	Aqua 10:00 - 10:45am 11:00 - 11:45am		Family Fun 10:00 - 12:00pm
11:00							
12:00	Use For All 12:10 - 13:00pm	Over 50's Only 12:30 - 14:00	Use For All 11:45am - 12:30pm	Use For All 11:45am - 13:00pm	Use For All 11:45am - 13:00pm		
13:00	Adults Only 13:00 - 14:00pm		Adults Only 12:30 - 13:30pm	Splash Swim 13:00 - 18:00pm	Adults Only 13:00 - 14:00pm	Adults Only 13:00 - 14:00pm	Splash Swim 12:00 - 16:00pm
14:00	Use For All 14:00 - 19:00pm	Use For All 14:00 - 19:00pm	Use For All 13:30 - 19:00pm	Adults Only 13:00 - 14:00pm	Splash Swim 14:00 - 18:00pm	Use For All 14:00 - 15:30pm	Use For All 12:00 - 17:30pm
15:00	School Booking 14:00 - 16:00pm	School Booking 14:00 - 15:00pm		Use For All 14:00 - 19:00pm	Use For All 14:00 - 18:00pm	Family Fun 15:30 - 17:00pm	
16:00	Splash Swim 16:00 - 18:00pm	Splash Swim 16:00 - 18:00pm	Splash Swim 16:00 - 18:00pm				
17:00						Use For All 17:00 - 17:30pm	
18:00	Use For All 18:00 - 19:00pm	Use For All 18:00 - 19:00pm	Use For All 18:00 - 19:00pm	Use For All 18:00 - 19:00pm	Use For All 18:00 - 19:00pm	Adults Only 17:30 - 18:30pm	Adults Only 17:30 - 18:30pm
19:00							
20:00	Adults Only 19:00 - 21:30pm	Adults Only 19:00 - 21:30pm	Aqua 19:05 - 19:50pm	Adults Only 19:00 - 21:30pm	Adults Only 19:00 - 21:30pm	Pool Closed 18:30pm	Pool Closed 18:30pm
21:00			Adults Only 19:50 - 21:30pm				
21:30	Pool Closed 21:30pm	Pool Closed 21:30pm	Pool Closed 21:30pm	Pool Closed 21:30pm	Pool Closed 21:30pm		

Important Info.

The pool is unsupervised, so members are asked to abide by the following **Health & Safety Rules**. Please do not run, jump or dive in, play ball games, or use inflatables other than recognised swimming aids. Parents and young adults over 16 are to be responsible for children under 16 and must remain in the pool hall at all times.

Aqua.

The club reserves the right to alter classes/instructors at any time, providing advance notice where possible. For Health & Safety reasons latecomers will not be allowed into class. Those on the waiting list will be allowed into the class if members have not arrived by the due start time.

Steam room is closed every Wednesday for weekly maintenance from 10am - 2pm.

School Bookings.

During School bookings the ground floor family changing rooms and disabled changing area are used exclusively for the schools.

Splash Swim Lessons.

Splash Swim School Lessons - please note that we will run private lessons outside of Splash swim lessons times and will not be advertised on the pool timetable.

Outdoor Pool

Outdoor pool is adults only Mon - Friday from 6:30am - 11am. Free use for anyone afterwards. Open 1st May - 1st October.

NB: This timetable is subject to change. Please check our website for the most up-to-date timetable & health & safety guidelines. Splash lessons & schools are term time only.