

Swimming Timetable from 19 Mar 2019

Main Pool

Tuesday 19 Mar 2019

07:00 - 10:00 -- Public Swim
(Beach area available)

10:00 - 10:30 -- School Swimming
(School swimming lessons)

10:30 - 13:00 -- Public Swim
(Beach area available at 11.30)

10:30 - 11:30 -- Swim Lesson
(Aqua lesson and Pre-School - Book at reception)

13:00 - 14:00 -- Active Life Aquafit
(Beach area available)

14:00 - 15:45 -- Public Swim
(Beach area available after 14.30)

15:45 - 18:00 -- Swim Lesson
(Book at reception)

18:00 - 19:00 -- Lane Swimming
(Beach area available)

19:00 - 20:00 -- Aquafit
(Beach area available)

20:00 - 21:45 -- Lane Swimming
(Beach area available)

Wednesday 20 Mar 2019

07:00 - 09:00 -- Public Swim
(Beach area available)

09:00 - 09:30 -- Active Life Swim
(Active Life Swim)
(Beach area available)

09:30 - 09:59 -- Hydro HIIT
(Beach area available) **NEW**

10:00 - 10:30 -- Public Swim
(Beach area available)

10:30 - 11:30 -- School Swimming
(School swimming lessons)

11:30 - 13:15 -- Public Swim
(Beach area available)

13:15 - 14:30 -- School Swimming
(School swimming lessons)

14:30 - 15:45 -- Public Swim
(Beach Area Available)

15:45 - 19:00 -- Swim Lesson
(Swimming Lessons)

19:00 - 21:00 -- Triathlon
(Castle Tri Club 19.00-21.00)
(Masters 1 Lane 19.00-20.00)

21:00 - 21:45 -- Lane Swimming
(Beach area available)

Thursday 21 Mar 2019

07:00 - 09:15 -- Public Swim
(Beach area available)

09:15 - 10:15 -- Active Life Swim
(28 Feb - Aquafit, 7 Mar - Netball, 14 Mar - Water exercise, 21 Mar - Netball, 28 Mar Deep Water Aquafit, 4 Apr Netball. Beach area available)

10:15 - 11:00 -- School Swimming
(School swimming lessons)

11:00 - 11:45 -- Aquafit
(Beach area available)

11:45 - 12:15 -- Swim Lesson
(Pre School Lesson - Beach area, Book at reception)

11:45 - 13:00 -- Public Swim
(Beach area available at 12.15)

13:00 - 14:15 -- School Swimming
(School swimming lessons)

14:15 - 15:30 -- Public Swim
(Beach area available from 14.45)

14:15 - 14:45 -- Swim Lesson
(Pre-School Lesson in the beach area, book at reception)

15:30 - 16:00 -- School Swimming
(School Swimming Lessons)

16:00 - 18:00 -- Swim Lesson
(Swimming Lessons)

18:00 - 19:00 -- Swim Lesson
(Adult lessons - Book at reception)

18:00 - 19:00 -- Public Swim
(2 Lanes, Beach area available)

This timetable is current as of 19/03/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

19:00 - 20:00 -- Aquafit
(Beach area available)

20:00 - 21:45 -- Lane Swimming
(Beach area available)

Friday 22 Mar 2019

07:00 - 08:45 -- Public Swim
(Beach area available)

08:45 - 11:00 -- School Swimming
(School swimming lessons)

11:00 - 11:29 -- Aquajog
(Beach area available) **NEW**

11:30 - 12:00 -- School Swimming
(School swimming lessons)

12:10 - 12:55 -- Aquafit
(Beach area available)
(Main pool reserved for aquafit 12.00-13.00)

13:00 - 17:30 -- Public Swim
(Beach area available, Please note, some areas of the pool will be used for swimming lessons 16:00 - 17:30)

14:00 - 14:30 -- Swim Lesson
(Aqua lessons - Book at reception)

16:00 - 17:30 -- Swim Lesson
(Swimming lessons - Book at reception)

18:00 - 19:00 -- Lane Swimming
(Beach area available)

Saturday 23 Mar 2019

08:00 - 10:00 -- Swim Lesson
(Swimming lessons)

10:00 - 11:00 -- Lane Swimming
(1 lane will remain in the pool until 11.20)
(Beach area unavailable due to swimming lessons)

11:00 - 15:00 -- Fun Sessions
(Waves and Slide)

15:00 - 16:00 -- Fun Sessions
(Inflatable Session)

16:00 - 17:00 -- Pool Party
(Private Pool Party 16.15-17.00, available to book at reception)

Sunday 24 Mar 2019

08:00 - 10:00 -- Lane Swimming
(Beach area available)

10:00 - 15:00 -- Fun Sessions
(Waves and Slide)

15:00 - 16:00 -- Pool inflatable sessions
(Inflatable Session)

16:00 - 16:30 -- Fun Sessions
(Waves 16.00 - 16.20)

16:30 - 17:30 -- Lane Swimming
(Beach Area Available)

17:30 - 19:15 -- Swim Club Dolphins
(Dolphins swim club)

Monday 25 Mar 2019

07:00 - 12:30 -- Public Swim
(Beach area not available 9.30-11.30)

12:30 - 13:15 -- Aquafit
(Beach area available)

13:15 - 15:00 -- School Swimming
(School swimming lessons)

15:00 - 15:45 -- Public Swim
(Beach Area Available)

15:45 - 19:00 -- Swim Lesson
(Swimming Lessons)

19:00 - 20:00 -- Ladies Only
(Beach area available)

20:00 - 21:45 -- Lane Swimming
(Beach area available)

Tuesday 26 Mar 2019

07:00 - 10:00 -- Public Swim
(Beach area available)

10:00 - 10:30 -- School Swimming
(School swimming lessons)

10:30 - 13:00 -- Public Swim
(Beach area available at 11.30)

10:30 - 11:30 -- Swim Lesson
(Aqua lesson and Pre-School - Book at reception)

13:00 - 14:00 -- Active Life Aquafit
(Beach area available)

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14:00 - 15:45 -- Public Swim
(Beach area available after 14.30)

15:45 - 18:00 -- Swim Lesson
(Book at reception)

18:00 - 19:00 -- Lane Swimming
(Beach area available)

19:00 - 20:00 -- Aquafit
(Beach area available)

20:00 - 21:45 -- Lane Swimming
(Beach area available)

Wednesday 27 Mar 2019

07:00 - 09:00 -- Public Swim
(Beach area available)

09:00 - 09:30 -- Active Life Swim
(Active Life Swim)
(Beach area available)

09:30 - 09:59 -- Hydro HIIT
(Beach area available) **NEW**

10:00 - 10:30 -- Public Swim
(Beach area available)

10:30 - 11:30 -- School Swimming
(School swimming lessons)

11:30 - 13:15 -- Public Swim
(Beach area available)

13:15 - 14:30 -- School Swimming
(School swimming lessons)

14:30 - 15:45 -- Public Swim
(Beach Area Available)

15:45 - 19:00 -- Swim Lesson
(Swimming Lessons)

19:00 - 21:00 -- Triathlon
(Castle Tri Club 19.00-21.00)
(Masters 1 Lane 19.00-20.00)

21:00 - 21:45 -- Lane Swimming
(Beach area available)

Thursday 28 Mar 2019

07:00 - 09:15 -- Public Swim
(Beach area available)

09:15 - 10:15 -- Active Life Swim

(28 Feb - Aquafit, 7 Mar - Netball, 14 Mar - Water exercise, 21 Mar - Netball, 28 Mar Deep Water Aquafit, 4 Apr Netball. Beach area available)

10:15 - 11:00 -- School Swimming
(School swimming lessons)

11:00 - 11:45 -- Aquafit
(Beach area available)

11:45 - 12:15 -- Swim Lesson
(Pre School Lesson - Beach area, Book at reception)

11:45 - 13:00 -- Public Swim
(Beach area available at 12.15)

13:00 - 14:15 -- School Swimming
(School swimming lessons)

14:15 - 15:30 -- Public Swim
(Beach area available from 14.45)

14:15 - 14:45 -- Swim Lesson
(Pre-School Lesson in the beach area, book at reception)

15:30 - 16:00 -- School Swimming
(School Swimming Lessons)

16:00 - 18:00 -- Swim Lesson
(Swimming Lessons)

18:00 - 19:00 -- Swim Lesson
(Adult lessons - Book at reception)

18:00 - 19:00 -- Public Swim
(2 Lanes, Beach area available)

19:00 - 20:00 -- Aquafit
(Beach area available)

20:00 - 21:45 -- Lane Swimming
(Beach area available)

Friday 29 Mar 2019

07:00 - 08:45 -- Public Swim
(Beach area available)

08:45 - 11:00 -- School Swimming
(School swimming lessons)

11:00 - 11:29 -- Aquajog
(Beach area available) **NEW**

11:30 - 12:00 -- School Swimming
(School swimming lessons)

12:10 - 12:55 -- Aquafit
(Beach area available)
(Main pool reserved for aquafit 12.00-13.00)

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13:00 - 17:30 -- Public Swim
(Beach area available, Please note, some areas of the pool will be used for swimming lessons 16:00 - 17:30)

14:00 - 14:30 -- Swim Lesson
(Aqua lessons - Book at reception)

16:00 - 17:30 -- Swim Lesson
(Swimming lessons - Book at reception)

Saturday 30 Mar 2019

08:00 - 10:00 -- Swim Lesson
(Swimming lessons)

10:00 - 11:00 -- Lane Swimming
(1 lane will remain in the pool until 11.20)
(Beach area unavailable due to swimming lessons)

11:00 - 15:00 -- Fun Sessions
(Waves and Slide)

15:00 - 16:00 -- Fun Sessions
(Inflatable Session)

16:00 - 17:00 -- Pool Party
(Private Pool Party 16.15-17.00, available to book at reception)

Sunday 31 Mar 2019

08:00 - 10:00 -- Lane Swimming
(Beach area available)

10:00 - 15:00 -- Fun Sessions
(Waves and Slide)

15:00 - 16:00 -- Pool inflatable sessions
(Inflatable Session)

16:00 - 16:30 -- Fun Sessions
(Waves 16.00 - 16.20)

16:30 - 17:30 -- Lane Swimming
(Beach Area Available)

17:30 - 19:15 -- Swim Club Dolphins
(Dolphins swim club)

Monday 01 Apr 2019

07:00 - 12:30 -- Public Swim
(Beach area not available 9.30-11.30)

12:30 - 13:15 -- Aquafit
(Beach area available)

13:15 - 15:00 -- School Swimming
(School swimming lessons)

15:00 - 15:45 -- Public Swim
(Beach Area Available)

15:45 - 19:00 -- Swim Lesson
(Swimming Lessons)

19:00 - 20:00 -- Ladies Only
(Beach area available)

20:00 - 21:45 -- Lane Swimming
(Beach area available)

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