

Swimming Timetable from 18 Jan 2019

Small Pool

Friday 18 Jan 2019

07:00 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Swimming For The Terrified
(This is an bookable Adult swimming lesson)

12:00 - 13:00 -- Public Swim

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

14:10 - 14:55 -- Active Life Aquafit

14:55 - 15:25 -- Active Life Aquafit
(Active Life Deep Water)

15:30 - 18:00 -- Swim Lesson

18:00 - 20:00 -- Public Swim
(1.25 m)

Saturday 19 Jan 2019

08:00 - 08:50 -- Public Swim
(Pool Depth 1.25M)

08:50 - 09:00 -- Reserved

12:00 - 16:00 -- Public Swim
(Pool Depth 0.75M)

Sunday 20 Jan 2019

08:00 - 09:00 -- Public Swim
(1.25m depth)

09:00 - 16:15 -- Public Swim
(Family Friendly)

16:30 - 17:00 -- Hydro Pole **NEW**

17:00 - 17:15 -- Reserved
(Pool Set Up)

17:15 - 18:00 -- Aqua Circuits

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 20:00 -- Public Swim
(Pool Depth 1.25M)

Monday 21 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Hydro HIIT **NEW**

12:00 - 13:00 -- Public Swim

13:00 - 15:00 -- School Swimming

15:00 - 15:30 -- Public Swim
(Pool Depth 0.75M)

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

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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.

18:15 - 19:00 -- Aquafit

19:10 - 19:55 -- Aquafit

20:00 - 20:30 -- Hydro HIIT **NEW**

Tuesday 22 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Aquafit

10:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

20:00 - 20:30 -- Hydro Pole **NEW**

Wednesday 23 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 11:00 -- Public Swim
(Pool Depth 1.25M)

11:00 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:30 -- School Swimming

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:30 -- Active Life Aquafit

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 19:30 -- Aqua Therapy
(Deep Water 1.75m)

20:00 - 20:30 -- Hydro Fighter

Thursday 24 Jan 2019

07:00 - 09:30 -- Public Swim
(Pool Depth 1.25M)

10:30 - 10:35 -- Reserved
(Pool Set Up)

10:35 - 11:20 -- Aqua Circuits

11:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:30 -- Aquafit
(Intro Class)

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:20 -- Aqua Therapy

15:20 - 15:30 -- Reserved
(Pool Set Up)

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15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

Friday 25 Jan 2019

07:00 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Swimming For The Terrified
(This is an bookable Adult swimming lesson)

12:00 - 13:00 -- Public Swim

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

14:10 - 14:55 -- Active Life Aquafit

14:55 - 15:25 -- Active Life Aquafit
(Active Life Deep Water)

15:30 - 18:00 -- Swim Lesson

18:00 - 20:00 -- Public Swim
(1.25 m)

Saturday 26 Jan 2019

08:00 - 08:50 -- Public Swim
(Pool Depth 1.25M)

08:50 - 09:00 -- Reserved

12:00 - 16:00 -- Public Swim
(Pool Depth 0.75M)

Sunday 27 Jan 2019

08:00 - 09:00 -- Public Swim
(1.25m depth)

09:00 - 16:15 -- Public Swim
(Family Friendly)

16:30 - 17:00 -- Hydro Pole **NEW**

17:00 - 17:15 -- Reserved
(Pool Set Up)

17:15 - 18:00 -- Aqua Circuits

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 20:00 -- Public Swim
(Pool Depth 1.25M)

Monday 28 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Public Swim
(Pool Depth 1.25M)

10:15 - 11:00 -- School Swimming

11:00 - 11:30 -- Hydro HIIT **NEW**

12:00 - 13:00 -- Public Swim

13:00 - 15:00 -- School Swimming

15:00 - 15:30 -- Public Swim
(Pool Depth 0.75M)

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

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18:15 - 19:00 -- Aquafit

19:10 - 19:55 -- Aquafit

20:00 - 20:30 -- Hydro HIIT **NEW**

Tuesday 29 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 09:30 -- Reserved
(Pool Set Up)

09:30 - 10:15 -- Aquafit

10:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:10 -- Reserved
(Pool Set Up)

15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson
(Adult Swimming Lessons)

20:00 - 20:30 -- Hydro Pole **NEW**

Wednesday 30 Jan 2019

07:00 - 08:15 -- Public Swim
(Pool Depth 1.25M)

08:15 - 08:30 -- Reserved
(Pool Set Up)

08:30 - 09:15 -- Aquafit

09:15 - 11:00 -- Public Swim
(Pool Depth 1.25M)

11:00 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:30 -- School Swimming

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:30 -- Active Life Aquafit

15:30 - 18:00 -- Swim Lesson

18:00 - 18:15 -- Reserved
(Pool Set Up)

18:15 - 19:00 -- Aquafit

19:00 - 19:30 -- Aqua Therapy
(Deep Water 1.75m)

20:00 - 20:30 -- Hydro Fighter

Thursday 31 Jan 2019

07:00 - 09:30 -- Public Swim
(Pool Depth 1.25M)

10:30 - 10:35 -- Reserved
(Pool Set Up)

10:35 - 11:20 -- Aqua Circuits

11:20 - 13:00 -- Public Swim
(Pool Depth 0.75M)

13:00 - 14:00 -- School Swimming

14:00 - 14:30 -- Aquafit
(Intro Class)

14:30 - 14:35 -- Reserved
(Pool Set Up)

14:35 - 15:20 -- Aqua Therapy

15:20 - 15:30 -- Reserved
(Pool Set Up)

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15:30 - 18:00 -- Swim Lesson

18:00 - 19:00 -- Swim Lesson

(Adult Swimming Lessons)

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