

Swimming Timetable from 18 Jan 2019

Main Pool

Friday 18 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:30 -- Swimming

16:00 - 18:00 -- Swim Lesson

16:45 - 17:30 -- Aquafit

Monday 21 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 11:00 -- Reserved
(School Swimming Lessons)

11:15 - 12:00 -- Aquafit

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:45 -- Public Swim

16:00 - 18:45 -- Swim Lesson

20:00 - 21:00 -- Public Swim

Saturday 19 Jan 2019

09:00 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 13:30 -- Public Swim

11:15 - 12:00 -- Fun Sessions
(Inflatable Available)

13:30 - 16:00 -- Reserved
(Available for private hire)

Sunday 20 Jan 2019

08:30 - 10:00 -- Public Swim
(Please note this is an Adult Only session.)

10:00 - 13:30 -- Public Swim

11:15 - 12:00 -- Fun Sessions
(Inflatable Available)

13:30 - 16:00 -- Reserved
(Available for private hire)

Tuesday 22 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:30 -- Swimming

16:00 - 18:00 -- Swim Lesson

Wednesday 23 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

This timetable is current as of 18/01/2019. 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.

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:30 -- Swimming

16:00 - 18:00 -- Swim Lesson

Thursday 24 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

15:00 - 18:30 -- Public Swim

16:00 - 18:30 -- Swim Lesson

18:30 - 20:00 -- Ladies Only

Friday 25 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:30 -- Swimming

16:00 - 18:00 -- Swim Lesson

Saturday 26 Jan 2019

09:00 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 13:30 -- Public Swim

11:15 - 12:00 -- Fun Sessions
(Inflatable Available)

13:30 - 16:00 -- Reserved
(Available for private hire)

Sunday 27 Jan 2019

08:30 - 10:00 -- Public Swim
(Please note this is an Adult Only session.)

10:00 - 13:30 -- Public Swim

11:15 - 12:00 -- Fun Sessions
(Inflatable Available)

13:30 - 16:00 -- Reserved
(Available for private hire)

16:45 - 17:30 -- Aquafit

Monday 28 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 11:00 -- Reserved
(School Swimming Lessons)

11:15 - 12:00 -- Aquafit

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:45 -- Public Swim

16:00 - 18:45 -- Swim Lesson

20:00 - 21:00 -- Public Swim

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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.

18:30 - 20:00 -- Ladies Only

Tuesday 29 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:30 -- Swimming

16:00 - 18:00 -- Swim Lesson

Wednesday 30 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

13:30 - 15:00 -- Reserved
(School Swimming Lessons)

15:00 - 19:30 -- Swimming

16:00 - 18:00 -- Swim Lesson

Thursday 31 Jan 2019

06:30 - 10:00 -- Public Swim
(Please note this is an Adult Only Session)

10:00 - 12:00 -- Reserved
(School Swimming Lessons)

12:00 - 13:30 -- Public Swim

15:00 - 18:30 -- Public Swim

16:00 - 18:30 -- Swim Lesson

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Small Pool

Friday 18 Jan 2019

09:00 - 12:00 -- Reserved
12:00 - 13:30 -- Public Swim
13:30 - 16:00 -- Reserved
(School Swimming Lessons)
16:00 - 19:30 -- Public Swim

Saturday 19 Jan 2019

10:00 - 13:30 -- Public Swim

Sunday 20 Jan 2019

10:00 - 13:30 -- Public Swim

Monday 21 Jan 2019

09:30 - 10:15 -- Swim Lesson
10:15 - 12:00 -- Reserved
12:00 - 13:30 -- Public Swim
13:30 - 16:00 -- Reserved
(School Swimming Lessons)
16:00 - 19:45 -- Public Swim

Tuesday 22 Jan 2019

09:00 - 12:00 -- Reserved

12:00 - 13:30 -- Public Swim

13:30 - 16:00 -- Reserved
(School Swimming Lessons)

16:00 - 19:30 -- Public Swim

Wednesday 23 Jan 2019

09:30 - 10:15 -- Swim Skool

10:15 - 12:00 -- Reserved

12:00 - 13:30 -- Public Swim

Thursday 24 Jan 2019

09:00 - 09:45 -- Swim Lesson
(Adult & Child Session)

09:45 - 12:00 -- Reserved

12:45 - 13:30 -- Swim Skool

13:30 - 16:00 -- Reserved
(School Swimming Lessons)

16:00 - 18:30 -- Public Swim

18:30 - 20:00 -- Ladies Only

Friday 25 Jan 2019

09:00 - 12:00 -- Reserved

12:00 - 13:30 -- Public Swim

13:30 - 16:00 -- Reserved
(School Swimming Lessons)

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16:00 - 19:30 -- Public Swim

Saturday 26 Jan 2019

10:00 - 13:30 -- Public Swim

Sunday 27 Jan 2019

10:00 - 13:30 -- Public Swim

Monday 28 Jan 2019

09:30 - 10:15 -- Swim Lesson

10:15 - 12:00 -- Reserved

12:00 - 13:30 -- Public Swim

13:30 - 16:00 -- Reserved
(School Swimming Lessons)

16:00 - 19:45 -- Public Swim

Tuesday 29 Jan 2019

09:00 - 12:00 -- Reserved

12:00 - 13:30 -- Public Swim

13:30 - 16:00 -- Reserved
(School Swimming Lessons)

16:00 - 19:30 -- Public Swim

Wednesday 30 Jan 2019

09:30 - 10:15 -- Swim Skool

10:15 - 12:00 -- Reserved

12:00 - 13:30 -- Public Swim

Thursday 31 Jan 2019

09:00 - 09:45 -- Swim Lesson
(Adult & Child Session)

09:45 - 12:00 -- Reserved

12:45 - 13:30 -- Swim Skool

13:30 - 16:00 -- Reserved
(School Swimming Lessons)

16:00 - 18:30 -- Public Swim

18:30 - 20:00 -- Ladies Only

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Other Pool

Friday 18 Jan 2019

07:30 - 08:00 -- Hydro Pole **NEW**

08:05 - 08:35 -- Hydro Pole **NEW**

16:00 - 18:00 -- Swim Lesson

18:15 - 19:00 -- Aquafit

Monday 21 Jan 2019

16:00 - 18:45 -- Swim Lesson

Tuesday 22 Jan 2019

12:15 - 13:00 -- Aquafit

16:00 - 18:00 -- Swim Lesson

18:30 - 19:00 -- Aquajog **NEW**

19:05 - 19:35 -- Hydro HIIT **NEW**

Wednesday 23 Jan 2019

16:00 - 18:00 -- Swim Lesson

19:00 - 19:30 -- Hydro HIIT **NEW**

Thursday 24 Jan 2019

16:00 - 18:30 -- Swim Lesson

18:30 - 19:00 -- Aquajog **NEW**

Friday 25 Jan 2019

07:30 - 08:00 -- Hydro Pole **NEW**

08:05 - 08:35 -- Hydro Pole **NEW**

16:00 - 18:00 -- Swim Lesson

18:15 - 18:45 -- Hydro Pole **NEW**

18:50 - 19:20 -- Hydro Pole **NEW**

Monday 28 Jan 2019

16:00 - 18:45 -- Swim Lesson

Tuesday 29 Jan 2019

12:15 - 13:00 -- Aquafit

16:00 - 18:00 -- Swim Lesson

18:30 - 19:00 -- Aquajog **NEW**

19:05 - 19:35 -- Hydro HIIT **NEW**

Wednesday 30 Jan 2019

16:00 - 18:00 -- Swim Lesson

19:00 - 19:30 -- Hydro HIIT **NEW**

This timetable is current as of 18/01/2019. 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.

Thursday 31 Jan 2019

16:00 - 18:30 -- Swim Lesson

18:30 - 19:00 -- Aquajog **NEW**

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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.