

Swimming Timetable from 18 Jan 2019

Main Pool

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

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)

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

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.

Small Pool

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 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)

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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.

Other Pool

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)

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 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**

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.

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**

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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.