

### Pool Timetable term time – Main Pool Monday 22nd July - Sunday 28th July 2024

<b>Monday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual swim (25m) 09.00-15.30		Aqua Fit 12:15-13:00	Pool closed for Swim Lessons 15:45-18:15	Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00
<b>Tuesday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:00-12.15	Casual Swim (17m) 12.30-13.30	Casual Swim (25m) 13.45-18.15		Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Lane Swim (25m) 20:30-22:00
<b>Wednesday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09.00-18.15				Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30	Lane Swim (25m) 20:30-22:00
<b>Thursday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 09:00-12.00	Casual swim (17m) 12.15-13.15	Casual Swim (25m) 13.30-18.15		Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-22:00	Pool closed for NPLQ training (last Thursday of month)
<b>Friday</b>	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual Swim (25m) 9.00-12.00	Casual swim (17m) 12.15-13.15	Casual Swim (25m) 13.30-18.15		Private Hire 18:30-20:30 Lane Swim (25m)-(Only 2 single lanes) 18:30-21.00	
<b>Saturday</b>		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09.00-17.00					
<b>Sunday</b>	Pool closed							

Our current timetables are subject to operational changes. We may have to change the pool length from 25m down to 17m if needed due to operational challenges but please check our website alerts and homepage banners for any amendments or pool closures ahead of your visit to us.

- Private Hire** - Our swimming facilities are available to hire, contact our Booking Team for details.
- Swim Lessons**- Learn To Swim programme that's designed to teach children and adults to swim. Lessons run 42 weeks a year, 6 days a week.
- Changeovers** - 15 minute intervals show when the lifeguards change the pool length or depth. Swimmers will need to get out of the pool during these times.
- Member only swimming**- 6.00-6.30 (25m) member only lane swimming

- Lane Swim - 17m** Pool. Strictly lane swimming only due to limited lane and speed availability - continous swimming is required.
- Lane Swim - 25m** Lane swimming only. Strictly lane swimming only due to limited lane and speed availability - continous swimming is required.
- Casual Swim - 17m** Pool. Casual and Lane swimming available.
- Casual Swim - 25m** Pool. Casual and Lane swimming available.

- Aqua Fit** - A fun and challenging aerobic workout in the swimming pool to music. Less stress is placed on the joints which makes this class ideal for those who prefer a low impact workout.
- Family Fun**- Music, floats and lots of fun makes this session a perfect way to enjoy some family time. normal child:adult ratios
- Evening Lane Swim**- 25m Pool. Relaxed Lane Swimming with low level lighting and music.

**Pool Timetable (term time) – Small Pool**  
 Monday 22nd July -Sunday 28th July 2024

Monday		Pool closed for Swim Lessons 15:30-18:30	
Tuesday		NPLQ Training	
Wednesday			
Thursday		Deep water Aqua Fit 12:15- 13:00	
Friday		Aqua Fit 12:15- 13:00	
Saturday			
Sunday			

**Additional Information:**

- All sessions are subject to change.
- Pool depths will range from 1.2m to 1.4m in our off peak hours. In peak hours depths will range from 1.3m to 1.5m.
- We have ad hoc bookings which may affect our timetable, we will ensure these are only booked when it minimises the impact on customers

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