# Pool Timetable term time – Main Pool
## Monday 4th November - Sunday 10th November 2024

**Monday**
- 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

**Tuesday**
- 6.00-6.30 (25m)
- Lane Swim (25m) 06:30-09:00
- Casual Swim (25m) 09:00-12.15
- Private Hire (lanes7&8) 11.00-12.00
- Adult Swim Lessons 12:45-13:45
- Casual Swim (17m) 12:30-15:30
- Pool closed for Swim Lessons 15:45-18:15
- Private Hire 18:30-20:30
- Adult Swim lessons 20.30-22.00
- Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00

**Wednesday**
- 6.00-6.30 (25m)
- Lane Swim (25m) 06:30-09:00
- Casual Swim (25m) 9.00-15.30
- Student Club swim 13.30-15.30 (3xlanes)
- Pool closed for Swim Lessons 15:45-18:15
- Private Hire 18:30-20:30
- Adult Swim lessons 20.30-22.00
- Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00

**Thursday**
- 6.00-6.30 (25m)
- Lane Swim (25m) 06:30-09:00
- Private hire (lanes 7&8) 09.00-10.00
- Casual Swim (25m) 09:00-12.00
- Casual Swim (17m) 12.15-15:30
- Pool closed for Swim Lessons 15:45-18:15
- Private Hire 18:30-20:30
- Private Hire 20.30-22.00
- Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00

**Friday**
- 6.00-6.30 (25m)
- Lane Swim (25m) 06:30-09:00
- Casual Swim (25m) 9.00-11.45
- Adult Swim Lessons 12:00-13:00
- Casual Swim (17m) 12:00-15:30
- Pool closed for Swim Lessons 15:45-18:15
- Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30
- Private Hire 18:30-20:30
- Evening Lane Swim (25m) 20:30-22.00

**Saturday**
- Lane Swim (25m) 08:00-09:00
- Pool closed for Swim Lessons 09:15-12:15
- Casual Swim (17m) 12:30 - 14:15
- Casual Swim (25m) 14.30-17.00
- Private Hire 17.00-21.00

**Sunday**
- Lane Swim (25m) 08:00-09:00
- Casual Swim (17m) 09.15-12:30
- Family Fun 12:45- 13:40 / 13:45-14:40 (17m)
- Casual Swim (17m) 15:00 - 17:00
- Private Hire HSC

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**Legend**

**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. No female shower access during this time

**Lane Swim- 17m** Pool. Strictly lane swimming only due to limited lane and speed availiabilty - 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 apply. Members can book in person at Reception.

**Evening Lane Swim-** 25m Pool. Relaxed Lane Swimming with low level lighting and music.

*Our current timetables are subject to operational changes. We may have to change the pool length from 5m down to 17m needed due to operational changes. but please check our website alerts and homepage banners for any amendments or pool closures ahead of your visit to us.*

**Pool Timetable (term time) – Small Pool**
Monday 4th November-Sunday 10th November 2024

| Day | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **Monday** | | | | | | Pool closed for Swim Lessons 15:30-18:30 | | |
| **Tuesday** | | | NPLQ 12.30-13.30 | | Swim Lessons Only 14:00-15:00 | Adult Swim Lessons | Pool closed for Swim Lessons 15:30-18:30 | |
| **Wednesday** | | | | | | | Pool closed for Swim Lessons 15:30-18:30 | |
| **Thursday** | | | Deep water Aqua Fit 12:15-13:00 | Casual swim 13.00-14.00 | Swim Lessons Only 14:00-15:00 | Casual Swim (17m) 15:00-15:30 | Pool closed for Swim Lessons 15:30-18:30 | |
| **Friday** | | | Aqua Fit 12:15-13:00 | Adult Swim Lessons Only 13:00-15:30 | | | Pool closed for Swim Lessons 15:30-18:30 | |
| **Saturday** | | Pool closed for Swim Lessons 09:15-12:15 | Private Swim Lessons 12:15 -14:15 | | | | | |
| **Sunday** | | Swim Lessons (Stage 1-3) 09:15-11:15 | Swim Lessons (Stages 4-6) 11:30-12:30 | Family Fun 12:45- 13:40 /13:45-14:30 | | Swim Lessons (stages 1-6) 14.45-16.30 | | |

**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