

Pool Timetable – Main Pool
Monday 14th April - Sunday 20th April 2025

Monday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Aqua Fit 12:15-13:00 Casual Swim (25m) 09.00-18.15					Private Hire 18:30-20:30	Evening Lane Swim (25m) 20:30-22:00		
								Lane Swim (25m)-(Only 2 single lanes) 18:30-20:30			
Tuesday	6.00-6.30 (25m)	Lane Swim (25m) 06:30-09:00	Casual swim (25m) 09.00-15.30					Family fun session 15.45-16.45	Casual swim (25m) 17.00-18.15	Private Hire 18:30-20:30	
								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) 09.00-18.15					Private Hire 18:30-20:30	Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00		
Thursday	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) 13.30-15.30	Family fun session 15.45-16.45	Casual swim (25m) 17.00-18.15	Private Hire 18:30-20:30	Private Hire 20.30-22.00	
									Lane Swim (25m)-(Only 2 single lanes) 18:30-22.00		
Good Friday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09.00-12.00		Casual swim (17m) 12.15-13.15	Casual Swim (25m) 13.30-16.00					
Saturday		Lane Swim (25m) 08:00-09:00	Casual Swim (25m) 09.00-17.00					Easter pool party 17.30-18.30 (see reception for booking)			
Easter 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) 15.00-16.00					

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 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 apply. Members can book in person at Reception.

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

Our current timetable 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.

Pool Timetable – Small Pool
Monday 14th April - Sunday 20th April 2025

Monday				
Tuesday	Famil		Family fun 15.45-16.45	
Wednesday				
Thursday		Deep water Aqua Fit 12:15-13:00	Family fun 15.45-16.45	
Friday		Aqua Fit 12:15-13:00		
Saturday				
Sunday		Family Fun 12:45-13:40 / 13:45-14:30		

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

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.