

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday									
Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2	Lane 1	Lane 2								
6.00-9.00 Adults Only	Adults Only	6.00-9.00 Adults Only	Adults Only	6.00-9.00 Adults Only	Adults Only	6.00-9.00 Adults Only	Adults Only	6.00-9.00 Adults Only	Adults Only	7.30-10.00 Adults Only	7.30-10.00 Adults Only	8.00-10.00 Adults Only	8.00-10.00 Adults Only								
9.00-12.00 Family		9.00-12.00 Family		9.00-12.00 Family		9.00-12.00 Family		9.00-12.00 Family		9.00-12.00 Family		9.00-12.00 Family		9.00-12.00 Family	9.30-10.15 Aqua Aerobics	10.30-12.00 Swimming Lessons 10.30 Non Swimmer 11.00 Beginner 11.30 Beginner	10.00-1.00 Family	10.00-7.00 Family	10.00-1.00 Family		
11.30-12.15 Aqua Aerobics		11.30-12.00 Toddler Splash		10.30-11.15 Aqua Aerobics		10.30-11.15 Aqua Aerobics		10.30-11.15 Aqua Aerobics		10.30-11.15 Aqua Aerobics	10.30-11.15 Aqua Aerobics	10.30-11.15 Aqua Aerobics	10.30-11.15 Aqua Aerobics	10.00-7.00 Family	1.00-9.00 Adults Only	1.00-9.00 Adults Only	1.00-9.00 Adults Only	1.00-9.00 Adults Only			
12.00-2.00 Adults Only		12.30-1.15 Aqua Aerobics		12.00-2.00 Adults Only		12.00-2.00 Adults Only		12.00-2.00 Adults Only		12.00-2.00 Adults Only	12.00-2.00 Adults Only	12.00-2.00 Adults Only	12.00-2.00 Adults Only	10.00-7.00 Family					1.00-9.00 Adults Only	1.00-9.00 Adults Only	1.00-9.00 Adults Only
2.00-7.00 Family		2.00-7.00 Family		2.00-7.00 Family		2.00-7.00 Family		2.00-7.00 Family		2.00-7.00 Family	2.00-7.00 Family	2.00-7.00 Family	2.00-7.00 Family								
4.00-6.00 Family		4.00-6.00 Swimming Lessons 4.00 Non Swimmer 4.30 Beginner 5.00 Improver 5.30 Advanced		4.00-6.00 Family		4.00-6.00 Swimming Lessons 4.00 Non Swimmer 4.30 Non Swimmer 5.00 Beginner 5.30 Improver		4.00-6.00 Family		4.00-6.00 Swimming Lessons 4.00 Non Swimmer 4.30 Beginner 5.00 Improver 5.30 Advanced	4.00-6.00 Family	4.00-6.00 Swimming Lessons 4.00 Non Swimmer 4.30 Beginner 5.00 Improver 5.30 Advanced	4.00-6.00 Family	4.00-6.00 Family	6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-10.00 Adults Only			
6.00-10.00 Adults Only		6.30-7.15 Aqua Aerobics		6.00-10.00 Adults Only		6.00-10.00 Adults Only		6.00-10.00 Adults Only		6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-6.45 Aqua Aerobics	6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-10.00 Adults Only	6.00-10.00 Adults Only			
7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-10.00 Adults Only	7.00-9.00 Adults Only	7.00-9.00 Adults Only	7.00-9.00 Adults Only	7.00-9.00 Adults Only								

- General Swimming (Open to all Members)
- Adults Only Swimming (Open to all Members aged 14+)
- Instructed Class/Lesson (Will take up approx 1/2 Lane)
During Advanced lessons only lane 2 will be available for family swimming

Swimming Lessons can be booked through Claire Connell at Reception



New Swimming Pool Timetable

To relieve stressful pinch points in the swimming pool, we have put in place a slightly amended timetable.

Swimming Lessons and aqua aerobic sessions will no longer clash

The amount of time available for adult only swimming in the whole pool has been increased.

In order to do this, we have made the whole swimming pool available for family use between the hours of 4-6pm (Monday - Friday) and between 10am-3pm at the weekend. During these times there will be a specific adult only lane between the hours of 12-2pm, but adults are still welcome to use the pool out of these hours if they wish to do so. This will allow family use to take place without fear of upsetting lane swimmers.

We hope both family and non family users will find this eases tension on pool time. It is a trial, and we will review the situation in the New Year based on your feedback.

Swimming Timetable

