

**TERM TIME TIMETABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING** 24/02/25 - 06/04/25

15 Mins	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MONDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAFIT (S) 09:00-09:45		AQUAFIT (S) 10:00 - 10:45		GENERAL SWIMMING 10:45-13:30			2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		LESSONS				AQUAGYM		GP		GYM		1 LANE - 18:00 - 21:00		ADULTS ONLY		CLOSED			
TUESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 09:00 - 10:30		ADULTS ONLY		GENERAL SWIMMING 10:00 - 13:30			ADULT LESSONS 2 LANES		2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		LESSONS				1 LANE - 17:00 - 18:00		ROOKIES 2 LANES		AQUAFIT (S) 19:30 - 20:15		TRICLUB		CLOSED			
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		GENERAL SWIMMING 10:00 - 13:30			ADULT LESSONS		LANES 12:00 - 13:30		SCHOOL S 13:30-14:00		LESSONS				1 LANE - 17:00 - 18:00		ELITE 2 LANES		SWIM CLUB		CLOSED					
THURSDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		GENERAL SWIMMING 09:00 - 10:00			AQUAFIT (S + D) 10:00 - 10:45		SCHOOLS 11:00-12:00		GP		LANES 12:00 - 13:30		GENERAL SWIMMING 12:00 - 19:30				LESSONS		ROOKIES 2 LANES 1 LANE		SWIM CLUB		CLOSED			
FRIDAY	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 10:00 - 14:30			2 LANES 12:00 - 13:30		SCHOOL S 14:30-15:00		LESSONS				ELITE SURVIVAL		2 LANES 19:00-20:00		CLOSED											
SATURDAY	CLOSED		LESSONS WIDTH 09:00-09:30		LESSONS 2 LANES			2 LANES 12:00 - 13:30		INFLATABLE SESSION 14:00 - 15:00		AVAILABLE FOR PARTY HIRE - PLEASE RING FOR INFO		CLOSED																	
SUNDAY	CLOSED		GENERAL SWIMMING 9:00 - 14:00			2 LANES 12:00 - 13:30		FLOAT FUN SESSION 14:00 - 15:00		CLOSED																					

**HYDRO POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING**

15 Mins	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00			
MONDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING HYDROTHERAPY				LESSONS				GENERAL SWIMMING 15:00 - 16:00		LESSONS				GP		CLOSED							
TUESDAY	GENERAL SWIMMING 08:00 - 9:00		ADULTS ONLY 9:00 - 10:00		GENERAL SWIMMING 10:00 - 11:00		GENERAL SWIMMING 11:00 - 12:00		GP				LESSONS		GP		GENERAL SWIMMING 15:00 - 16:00		LESSONS				GENERAL SWIMMING 18:00 - 19:00		PUBLIC REHAB 19:00 - 20:00		CLOSED	
WEDNESDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING WATER BABIES				GENERAL SWIMMING 14:00 - 16:00				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED							
THURSDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING WATER BABIES				GENERAL SWIMMING 15:00 - 16:00				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED							
FRIDAY	GENERAL SWIMMING 08:00 - 9:00		PUBLIC REHAB 09:00 - 10:00		GENERAL SWIMMING 10:00 - 11:00		LESSONS				PRIVATE BOOKING WATER BABIES				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED					
SATURDAY	LESSONS				GENERAL SWIMMING 11:00 - 14:00				CLOSED																			
SUNDAY	LESSONS				GENERAL SWIMMING 11:00 - 16:00				CLOSED																			

We reserve the right to make changes at anytime if circumstances change with swimming volumes, lanes and courses

- COLOUR CHART:
- SWIMMING
  - ADULTS ONLY
  - FUN SESSIONS
  - PARTIES
  - AQUAFIT
  - LESSONS
  - AQUAGYM
  - LANES
  - PUBLIC REHAB
  - SCHOOLS
  - OTHER
  - NOT OPEN TO THE PUBLIC
  - GP REFERRAL
- S = Shallow End  
D = Deep End

CONTACT US:

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PRICES - AS OF 1ST APRIL 2024

PLEASE NOTE THE TIMETABLE MAY CHANGE AND LESSONS OR GROUPS MAY AT TIMES TAKE UP SPACE THAT IS NOT ADVERTISED

SWIMMING		Loyalty Member		MONTHLY MEMBERSHIP	PRIVATE SWIMMING LESSONS
Adult (16+)	£6.00	£5.00		Monthly Direct Debit that allows the holder unlimited swims and Aqua-fitness classes. Add £2 if paying cash or card monthly.	1/2 Hour £18
Junior (Ages 4 - 15)	£4.00	£3.00			3/4 Hour £21
Senior (65 years +)	£5.00	£4.20		Adult £33	1 Hour £24
Under 2s	FREE	FREE		Junior (Under 16) £25	
Age 2-3	£2	----		Senior (65 years +) £30	
Disabled	£4.50	£3.50		Disabled £25	
Carer	£1.50	----		Family £80 (2 Adults & 2 Children)	
Hydrotherapy Pool (Booking Only)	Adult £6.00	Child £4			
Aquafit	£6.50	£5.50		<b>LOYALTY CARD GIVES DISCOUNTED SWIMS</b>	
Corp	£2.00	----		Adult/Senior £30	
				Disabled/Junior £20	
				Members Annual Parking Pass only £30	
				<b>10 SESSION COURSES</b>	
				10 session courses for Swimming and Aquafit are available to purchase and will save you 10%	
				Adult x 10 £54.00	
				Junior x 10 (Under 18) £36.00	
				Senior x 10 (65 years +) £45.00	
				Disabled x 10 £40.50	
				AQUAFIT x 10 £58.50	
<b>AQUAGYM</b>					
Induction	£10.00	£5.00			
Gym Session	£6.00				
An Aquagym session for a Monthly Member will cost:		£2.50			
<b>Family Fun Float Session</b>					
Float Sessions run in the school holidays Tues, Thurs 15:00-16:00 and Sun 14:00-15:00					
Adult	£6.00				
Junior (Under 18)	£4.00				
<b>Inflatable Island</b>					
Island Sessions run in the school holidays Mon, Wed and Fri 15:00-16:00 Sat 14:00-15:00					
1 Admission	£6.00				

