

MAIN POOL TIMETABLE (TERM TIME): 07/09/26 - 25/10/26																															
15 Mins	7:00	7:30	8:00	8:30	9:00	9:30	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	
MONDAY	EARLY BIRDS LANES 7.00-9.00				AQUAFIT (S) 9.00-9.45 AND 10.00-10.45				2 LANES 11.00-12.30 GENERAL SWIMMING 10.45-12.30				SCHOOLS 12.30 - 13.45		GENERAL SWIMMING 13.45-14.30		SCHOOLS S 14.30-15.00		LESSONS GENERAL SWIMMING 15.00-19.00				AQUAGYM		GP		AQUAGYM		ADULTS ONLY		CLOSED
																							1 LANE 18.00-21.00		MUSIC SWIM						
TUESDAY	EARLY BIRDS LANES 9.00				AQUAGYM 9.00-10.30 ADULTS ONLY 09:00-10:00		LESSONS		ADULT LESSONS 2 LANES		2 LANES 12.00-13.30				GENERAL SWIMMING 10.00-19.30				LESSONS		1 LANE 17.00-18.00		ROOKIES 2 LANES		AQUAFIT (S) 19.30-20.15		CLOSED				
WEDNESDAY	EARLY BIRDS LANES 7.00-9.00				AQUAGYM		GP				1 LANE 12.30-13.30		SCHOOLS 13.30-14.00		LESSONS 1 LANE 17.00-18.00				ELITE 2 LANES		SWIM CLUB				CLOSED						
THURSDAY	EARLY BIRDS LANES 7.00-9.00				AQUAGYM		GP		AQUAFIT (S + D) 10.00-10.45		LESSONS		GP		2 LANES 12.00-13.30		SCHOOLS 14.00-15.30		LESSONS				ROOKIES 2 LANES		SWIM CLUB		CLOSED				
FRIDAY	EARLY BIRDS LANES 7.00-9.00				ADULTS ONLY 09:00-10:00		GENERAL SWIMMING 10.00-13:30				2 LANES 12.00-13.30		SCHOOLS 13.30-15.00		LESSONS				2 LANES 19:00-20:00		CLOSED										
SATURDAY	CLOSED		2 LANES SWIM CLUB		LESSONS 2 LANES				2 LANES 12.00-13.30				INFLATABLE SESSION 14.00-15.00		AVAILABLE FOR PARTY HIRE		CLOSED														
SUNDAY	CLOSED				GENERAL SWIMMING 9.00-14:00				2 LANES 12.00-13.30				FLOAT FUN SESSION 14.00-15.00		GENERAL SWIMMING 15:00-16:00		CLOSED														

HYDRO POOL TIMETABLE																															
15 Mins	7:00	7:30	8:00	8:30	9:00	9:30	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	
MONDAY	CLOSED		GENERAL SWIMMING 08.00-11.00						PRIVATE BOOKING HYDROTHERAPY				GENERAL SWIMMING 13.00-14.00		LESSONS		GENERAL SWIMMING 15.00-16.00		LESSONS				GP			CLOSED					
TUESDAY	CLOSED		GENERAL SWIMMING 8.00-9.00		ADULTS ONLY		GENERAL SWIMMING 10.00-12.00				GP				LESSONS		GP		GENERAL SWIMMING 15.00-16.00		LESSONS				GENERAL SWIMMING 18.00-19.00		PUBLIC REHAB 19.00-20.00		CLOSED		
WEDNESDAY	CLOSED		GENERAL SWIMMING 08.00-11.00						PRIVATE BOOKING WATER BABIES						GP		GENERAL SWIMMING 15.00-16.00		LESSONS				GENERAL SWIMMING 18.00-20.00			CLOSED					
THURSDAY	CLOSED		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	CLOSED		GENERAL SWIMMING 8.00-9.00		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	CLOSED			LESSONS					GENERAL SWIMMING 11.00-14.00						CLOSED																
SUNDAY	CLOSED				LESSONS				GENERAL SWIMMING 11.00-16.00										CLOSED												

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