

Day Timetable

Day	Lane Swimming 25m or 50m 2m Depth	General Swim/Activities 23m 0.85m or 1.28m depth
Monday	07.00–08.00 (50m) 08.00–09.00 (50m) P&P 09.30–10.45 (25m) P&P 10.45–12.00 (25m, 4 lanes) P&P 12.00–13.00 (25m) 13.00–15.00 (25m, 4 Lanes) 15.00–16.00 (25m) P&P 16.00–18.00 (25m, 2 Lanes)	09.30–10.45 (0.85m) ½ Pool 11.45–13.00 (0.85m) 15.00–15.45 (0.85m) P&P
Tuesday	07.00–10.00 (25m) P&P 10.00–12.00 (25m) P&P (10.45–11.30 4 lanes) 13.00–13.45 (25m)	07.00–09.30 (1.28m) P&P 09.30–10.45 (1.28m) ½ Pool P&P 11.45–13.00 (1.28m) 13.00–13.45 Aquafit
Wednesday	07.30–09.15 (50m) 12.00–13.00 (25m) P&P 13.00–14.00 (25m, 4 lanes) 14.00–16.00 (25m)	12.00–12.45 Aquafit 14.00–16.00 (0.85m) P&P
Thursday	07.00–08.30 (50m) P&P 11.45–13.45 (25m)	11.45–13.00 (0.85m)
Friday	07.30–09.00 (50m) 12.00–13.00 (25m) P&P 13.00–16.00 (25m) P&P (13.15–14.00 4 lanes)	12.00–13.00 (1.28m) P&P (Free over 65)
Saturday	09.00–13.00 (25m, 2 Lanes)	12.00–13.00 (0.85m)
Sunday	09.00–12.00 (25m, 4 Lanes) 12.00–13.15 (25m) P&P 15.00–16.30 (25m) P&P	12.00–13.15 Fun Float Splash P&P** 15.00–16.30 (1.28m) P&P

Evening Timetable

Day	Lane Swimming 25m or 50m 2m Depth	General Swim/Activities 23m 0.85m or 1.28m depth
Monday	18.00–19.30 (25m, 3 Lanes)	19.00–21.00 (1.28m)
Tuesday	19.30–21.00 (50, 2 Lanes) 21.00–22.00 (50m) P&P	
Wednesday	16.00–17.00 (25m, 2 Lanes) 20.30–21.30 (25m) P&P	18.45–19.30 (1.28m 3 Lanes) 19.30–21.30 (1.28m) P&P
Thursday	18.30–19.30 P&P 20.00–22.00 (50m, 2 Lanes)	18.30–19.30 (1.28m) P&P
Friday	16.00–18.00 (25m, 2 Lanes) 18.00–19.00 (25m, 4 Lanes)	
Saturday		
Sunday	17.00–19.00 (50m, 2 Lanes) 19.00–21.00 (50m, 2 Lanes) P&P	

Aqua Classes

Day	Classes
Tuesday	13.00–13.45 Aquafit
Wednesday	12.00–12.45 Aquafit

Additional Sessions

Thursday 18 April: 13.00 – 13.45 (23m)

Tuesday 23 April: 12.00 – 13.45 (25m)

Thursday 25 April: 13.00 – 13.45 (23m)

Thursday 2 May: 13.00 – 13.45 (23m)

Tuesday 7 May: 12.00 – 13.45 (25m)

Thursday 9 May: 13.00 – 13.45 (25m, 4 lanes only)

Thursday 16 May: 13.00 – 13.45 (25m, 4 lanes only)

Tuesday 21 May: 12.00 – 13.45 (25m)

Thursday 23 May: 13.00 – 13.45 (25m, 4 lanes only)

Notes

Sunday 5 May: 15.00 – 16.30 NO SESSION in 25m & 23m pools

Sunday 12 May: 08.00 – 17.00 Centre CLOSED for National Schools Triathlon Day

Swimming Ratios

1 Adult : 1 Child Children under 4 years.

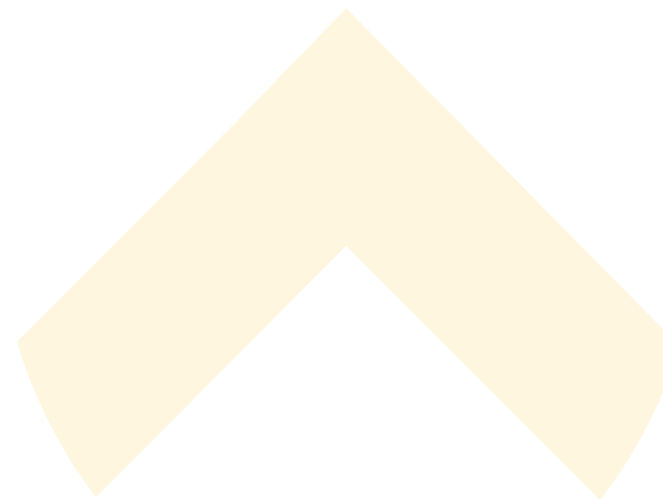
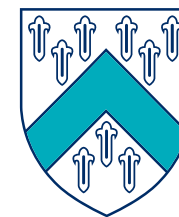
1 Adult : 2 Children Children between 4– 7 Years.

Children 8 Years+ do not need to be accompanied by an adult.

- Members can swim in any sessions.
- Non-members can swim in the sessions marked with P&P
- Lane Swimming is not suitable for non-swimmers

**Fun Float sessions are 45 minutes of activity, with staggered entry every 15 minutes within the timetable times shown. Places are bookable through reception in advance.

Updated 22.04.2024



Swimming Timetable

**Wednesday 17 April to
Friday 24 May 2024**

Additional Swim sessions and any known changes to our normal timetable are noted on the reverse of this leaflet.