

INDOOR POOL - Term Time Monday 21st April to Sunday 25th May 2025

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	
MON	Lane 1	Adult Only			Adult Swim Ts*	Lane Swim			Swim Lessons							Adult Swim Ts*	Adult Only
	Lane 2	Adult Only				Lane Swim			Lane Swim							Lane Swim	Adult Only
	Lane 3	Adult Only			General Swim			HIT Aqua - 10.50am	General Swim							General Swim	Adult Only
	Lane 4	Adult Only			General Swim				Swim Lessons							General Swim	Adult Only
TUES	Lane 1	Adult Only			Lane Swim			Swim Lessons							Lane Swim	Adult Only	
	Lane 2	Adult Only			Lane Swim			Lane Swim							Lane Swim	Adult Only	
	Lane 3	Adult Only			G. Swim	Aqua 9.45am			General Swim							General Swim	Adult Only
	Lane 4	Adult Only				General Swim			Swim Lessons							General Swim	Adult Only
WED	Lane 1	Adult Only			Adult Swim Ts	Lane Swim			Swim Lessons							Adult Swim Ts	Adult Only
	Lane 2	Adult Only				Lane Swim			Lane Swim							Lane Swim	Adult Only
	Lane 3	Adult Only			Aqua 10.30am			G. Swim	General Swim							General Swim	Adult Only
	Lane 4	Adult Only			General Swim				Swim Lessons							General Swim	Adult Only
THUR	Lane 1	Adult Only			Lane Swim			Swim Lessons							Lane Swim	Adult Only	
	Lane 2	Adult Only			Lane Swim			Lane Swim							Lane Swim	Adult Only	
	Lane 3	Adult Only			General Swim			Aqua 11am	General Swim							General Swim	Adult Only
	Lane 4	Adult Only			General Swim				Swim Lessons							General Swim	Adult Only
FRI	Lane 1	Adult Only			Lane Swim			Swim Lessons							Staff Swim Lesson	Lane Swim	Adult Only
	Lane 2	Adult Only			Lane Swim			Lane Swim							Lane Swim	Adult Only	
	Lane 3	Adult Only			Aqua 9am	General Swim			General Swim							General Swim	Adult Only
	Lane 4	Adult Only				General Swim			Swim Lessons							General Swim	Adult Only
SAT	Lane 1	Adult Only			Swim Lessons			Swim Lessons							Lane Swim	Adult Only	
	Lane 2	Adult Only			Lane Swim			Lane Swim							Lane Swim	Adult Only	
	Lane 3	Adult Only			Aqua 8.45am	General Swim			Closed Set Up	Inflatable Session ***	Closed Take Down	General Swim				Lane Swim	Adult Only
	Lane 4	Adult Only				General Swim						General Swim				Lane Swim	Adult Only
SUN	Lane 1	Adult Only			Swim Lessons			Swim Lessons							Lane Swim	Adult Only	
	Lane 2	Adult Only			Lane Swim			Lane Swim							Lane Swim	Adult Only	
	Lane 3	Adult Only			General Swim			Closed Set Up	Inflatable Session ***	Closed Take Down	General Swim				Lane Swim	Adult Only	
	Lane 4	Adult Only			General Swim						General Swim				Lane Swim	Adult Only	

*** Inflatable Session - Indoor Pool, Sauna and Steam Room is closed for set up / down from 1pm to 1.30pm & 2.30pm to 3pm

* Adult Swim on Monday 21st April is cancelled due to the Bank Holiday

Outdoor Pool - Term Time Monday 21st April to Sunday 25th May 2025

		6-7am	7-8am	8-9am	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm
MON	Lane 1	Adult Only			Lane Swim *							Adult Only			
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			General Swim							Adult Only			
	Lane 4	Adult Only			General Swim							Adult Only			
TUES	Lane 1	Adult Only			Lane Swim *							Adult Only			
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			General Swim			H.S. - 11am	General Swim				Adult Only		
	Lane 4	Adult Only			General Swim				General Swim				Adult Only		
WED	Lane 1	Adult Only			Lane Swim *							Adult Only			
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			Hydro Circuit 8am			General Swim				Adult Only			
	Lane 4	Adult Only			General Swim							Adult Only			
THUR	Lane 1	Adult Only			Adult Swim Ts			Lane Swim *							Adult Only
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			General Swim			Hydro Circuit	General Swim				Adult Only		
	Lane 4	Adult Only			General Swim				General Swim				Adult Only		
FRI	Lane 1	Adult Only			Lane Swim *							Adult Only			
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			General Swim			Hydro Circuit	General Swim				Adult Only		
	Lane 4	Adult Only			General Swim				General Swim				Adult Only		
SAT	Lane 1	Adult Only			Lane Swim *							Adult Only			
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			General Swim							Adult Only			
	Lane 4	Adult Only			General Swim							Adult Only			
SUN	Lane 1	Adult Only			Lane Swim *							Adult Only			
	Lane 2	Adult Only			Lane Swim *							Adult Only			
	Lane 3	Adult Only			General Swim							Adult Only			
	Lane 4	Adult Only			H.S. - 8.10am			General Swim				Adult Only			

* Lane Swim - in case of overcrowding this lane swim will turn into General swim