

Pool Timetable

	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
MON	General Lanes ◆				General Swim ●				50+ ●				Adult Lane Swim ◆		General Swim		Discount Dip		Learn to Swim			General Swim ●		Aquafit		Adult Lane Lessons		Adult Lane Swim ◆		
TUES		General Lanes ◆				General Swim ●				Aquafit			Adult Lane Swim ◆		Closed for Staff Training				Learn to Swim			General Swim ●		Adult Lane Swim ◆		NASC				
WED		General Lanes ◆				School Swimming					Adult Lane Swim ◆			Hydrofit			Aquafit			Learn to Swim			Fun Zone		General Swim ●		Adult Lane Swim ◆			
THURS					General Swim		Pre School lessons				Aquafit			Adult Lane Swim ◆		General Swim		50+		Learn to Swim			General Swim ●		NASC			Adult Lane Swim ◆		
FRI		General Lanes ◆					School Swimming					Adult Lane Swim ◆		Accessible Swim		General Swim		Learn to Swim			General Swim ●		Aquafit							
SAT				General Lanes ◆		Learn to Swim						General Swim																		
SUN				General Lanes ◆		Family Fun		Fun Zone		General Swim ◆		Book your party here																		

General Information

- ▶ Lockers £1 returnable
- ▶ Vending machines are available
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Please check our website and facebook page for news on any changes to the programme

- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C - 30°C
- ▶ Times are subject to change on Bank Holiday
- ▶ All sessions are inclusive of any changeover time required
- ▶ RAF swim tests may take place Mon-Fri between 7.45-9am

Key ♦ Lanes available ● Single lanes



Part of

