

## Main Pool & Sauna

	6.30am	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	9.30
MON		General Lanes ♦				Aquafit	Adult Lessons			50+ ♦		Adult Lanes Swim	General Swim ♦					Learn to Swim			Swim Club						Adult Lanes Swim				
TUES		General Lanes ♦			School Swimming						Adult Lanes Swim	General Swim ♦					Learn to Swim			General Swim ♦	Swim Club			Adult Lanes Swim							
WED		General Lanes ♦			School Swimming						Adult Lanes Swim	50+ ♦	Accessible Swim		Learn to Swim		General Swim ♦	Nordic Divers General Swim	Aquafit	Adult Lanes Swim											
THURS		General Lanes ♦			School Swimming						Adult Lanes Swim	Staff Training				Learn to Swim			Swim Club						Adult Lanes Swim						
FRI		General Lanes ♦		Aquafit	School Swimming						Adult Lanes Swim	General Swim ♦	Discount Dip		Learn to Swim		General Swim ♦	Swim Club													
SAT		Swim Club			Learn to Swim				General Swim	Family Fun	Adult Lanes Swim	HaTric																			
SUN		Swim Club			Adult Lanes Swim	General Swim				Adult Lanes Swim	Book your pool party																				

## Small Pool

	6.30am	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	9.30		
MON						Pre School Lessons					Pre School Lessons				General Swim						Learn to Swim									Aquafit			
TUES					School Swimming								General Swim									Learn to Swim			General Swim								
WED					School Swimming												Accessible Swim					Learn to Swim		General Swim									
THURS					School Swimming						Pre School Lessons	Staff Training				Learn to Swim		General Swim															
FRI					School Swimming						Pre School Lessons			Discount Dip		Learn to Swim		General Swim															
SAT				Learn to Swim				Pre School Lessons		Family Fun	General Swim																						
SUN				General Swim										Book your pool party																			

### General Information

- ▶ Lockers £1 returnable
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Vending machines are available
- ▶ Times are subject to change on Bank Holiday

- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C - 30°C Small pool 30°C - 32°C
- ▶ Please check our website and facebook page for news on any changes to the programme
- ▶ All sessions are inclusive of any changeover time required

**KEY** ♦ Lanes available



Part of

