

## 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

