

MONDAY

06.30 - 09.00	Adult Swim
09.00 - 12.00	Swim for All
09.30 - 10.15	Aqua Aerobics
10.30 - 12.00	Baby Swimming Lessons B
12.00 - 13.30	Swimming Lessons ●
12.00 - 14.00	Adult Swim
13.45 - 15.15	Hydrotherapy B
14.00 - 18.30	Swim for All
15.00 - 18.30	Swimming Lessons ● ●
18.30 - 19.30	Swimming Lessons ●
18.30 - 21.45	Adult Swim
19.00 - 19.45	Aqua Aerobics
20.00 - 21.30	Tribal Swim ● ●

THURSDAY

06.30 - 09.00	Adult Swim
06.30 - 08.00	Tribal Swim ● ●
09.15 - 10.00	Aqua Aerobics
09.00 - 12.00	Swim for All
10.15 - 11.00	Mum & Baby Splash B
11.00 - 11.45	Aqua Cycling B
12.00 - 14.00	Adult Swim
13.30 - 15.00	Hydrotherapy B
14.00 - 18.30	Swim for All
14.00 - 19.00	Swimming Lessons ● ●
18.30 - 21.45	Adult Swim
20.30 - 21.30	Tri Club ● ●

TUESDAY

06.30 - 09.00	Adult Swim
09.00 - 12.00	Swim for All
09.30 - 10.15	Aqua Aerobics
10.30 - 12.00	Hydrotherapy B
12.00 - 14.00	Adult Swim
12.30 - 13.15	Aqua Cycling B
13.45 - 15.15	Hydrotherapy B
14.00 - 18.30	Swim for All
14.00 - 19.00	Swimming Lessons ● ●
18.30 - 21.45	Adult Swim
19.30 - 20.15	Aqua Cycling B
20.30 - 21.30	Tri Club ●

FRIDAY

06.30 - 09.00	Adult Swim
08.30 - 09.30	Hydrotherapy ●
09.00 - 12.00	Swim for All
11.00 - 11.45	Aqua Aerobics
12.00 - 14.00	Adult Swim
12.00 - 12.45	Aqua Cycling B
14.00 - 18.30	Swim for All
14.00 - 19.30	Swimming Lessons ● ●
18.30 - 20.15	Adult Swim

WEDNESDAY

06.30 - 09.00	Adult Swim
09.00 - 12.00	Swim for All
09.30 - 10.15	Aqua Aerobics
10.30 - 12.00	Baby Swimming Lessons B
12.00 - 14.00	Adult Swim
14.00 - 15.00	School Swim ● ●
14.00 - 18.30	Swim for All
15.00 - 19.00	Swimming Lessons ● ●
18.30 - 21.45	Adult Swim
19.00 - 19.45	Aqua Aerobics
20.00 - 20.45	Aqua Cycling B

SATURDAY

08.00 - 10.30	Adult Swim
09.15 - 10.00	Aqua Cycling B
10.30 - 15.30	Swimming Lessons ●
10.30 - 15.30	Swim for All
15.30 - 17.45	Adult Swim

SUNDAY

08.00 - 10.30	Adult Swim
10.30 - 15.30	Swimming Lessons ● ●
10.30 - 15.30	Swim for All
15.30 - 17.45	Adult Swim

ADULTS SWIM
 SWIM FOR ALL
 CLASSES
 LESSONS
 BOOM AREA IN USE
 LANES OCCUPIED

Please note that the swimming pool accommodates multiple activities on a daily basis and the programme may be subject to change. During Aqua classes the lanes will be clearly marked for general swim. Please note that childrens lessons may take place during Adult swim times. Please be aware there will be times when we will section off a 5m area of the open swimming area for swimming lessons.