

WEEKLY SWIMMING POOL SCHEDULE | 2024

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 - 14.00	Adult Swim	
14.00 - 14.45	Hydrohex MOVE	
14.00 - 18.30	Swim for All	
15.00 - 19.30	Swimming Lessons	● ●
15.30 - 17.00	Swimming Lessons	B
18.30 - 21.45	Adult Swim	
19.00 - 19.30	Swimming Lessons	●
19.00 - 19.45	Aqua Aerobics	
20.00 - 20.45	Hydrohex POWER	

THURSDAY

06.30 - 09.00	Adult Swim	
08.45 - 09.30	Hydrohex CARDIO	
09.00 - 12.00	Swim for All	
11.00 - 11.45	Aqua Aerobics	
12.00 - 14.00	Adult Swim	
13.30 - 16.00	NHS	B
14.00 - 18.30	Swim for All	
15.30 - 19.30	Swimming Lessons	● ●
16.00 - 17.00	Swimming Lessons	B
18.30 - 21.45	Adult Swim	
19.10 - 19.55	Aqua Aerobics	
20.30 - 21.30	Racestrong Tri Club	●

TUESDAY

06.45 - 07.30	Hydrohex POWER	
06.30 - 09.00	Adult Swim	
09.00 - 12.00	Swim for All	
09.30 - 10.15	Aqua Aerobics	
10.45 - 11.30	Aqua Aerobics	
12.00 - 14.00	Adult Swim	
12.00 - 12.45	Aqua Cycling	B
14.00 - 14.45	Hydrohex CARDIO	
14.00 - 18.30	Swim for All	
15.00 - 19.30	Swimming Lessons	● ●
18.30 - 21.45	Adult Swim	
19.30 - 20.15	Aqua Cycling	B

FRIDAY

06.30 - 09.00	Adult Swim	
08.30 - 09.30	NHS	●
09.00 - 12.00	Swim for All	
10.15 - 11.00	Aqua Aerobics	
11.30 - 12.15	Aqua Cycling	B
12.00 - 14.00	Adult Swim	
14.00 - 18.30	Swim for All	
15.00 - 19.30	Swimming Lessons	● ●
16.00 - 17.00	Swimming Lessons	B
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	
13.45 - 14.45	School Swim	● ●
14.00 - 18.30	Swim for All	
15.00 - 19.00	Swimming Lessons	● ●
18.00 - 18.30	Swimming Lessons	B
18.30 - 21.45	Adult Swim	
19.30 - 20.15	Hydrohex POWER	
20.20 - 21.05	Hydrohex MOVE	

SATURDAY

08.00 - 10.30	Adult Swim	
09.20 - 10.05	Aqua Cycling	B
10.30 - 13.30	Swimming Lessons	● ●
13.30 - 15.30	Swimming Lessons	●
10.30 - 15.30	Swim for All	
15.30 - 16.15	Hydrohex CARDIO	
15.30 - 17.45	Adult Swim	

SUNDAY

08.00 - 10.30	Adult Swim	
09.00 - 10.00	Additional Needs Swimming	B
09.30 - 10.30	Swimming Lessons	●
10.30 - 16.00	Swimming Lessons	● ●
10.30 - 15.30	Swim for All	
15.30 - 16.15	Hydrohex POWER	
15.30 - 17.45	Adult Swim	

ADULTS SWIM
 SWIM FOR ALL
 CLASSES
 LESSONS
 HYDROHEX
 B 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.