

# WEEKLY SWIMMING POOL SCHEDULE | 2026

## MONDAY

06.30 - 09.00	Adult Swim	
08.15 - 09.00	<b>Hydrohex CARDIO</b>	£
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 - 18.30	Swim for All	
15.30 - 19.30	Swimming Lessons	● ●
15.30 - 19.00	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	<b>Hydrohex POWER</b>	£

## THURSDAY

06.30 - 09.00	Adult Swim	
08.45 - 09.30	<b>Hydrohex MOVE</b>	£
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	● ●
15.30 - 19.00	Swimming Lessons	B
18.30 - 21.45	Adult Swim	
19.10 - 19.55	Aqua Aerobics	

## TUESDAY

06.30 - 09.00	Adult Swim	
08.15 - 09.00	<b>Hydrohex POWER</b>	£
09.00 - 12.00	Swim for All	
09.30 - 10.15	Aqua Aerobics	
10.45 - 11.30	Aqua Aerobics	
11.30 - 12.00	Baby Swimming Lessons	B
12.00 - 14.00	Adult Swim	
12.10 - 12.55	Aqua Cycling	£ B
14.00 - 14.45	<b>Hydrohex CARDIO</b>	£
14.00 - 18.30	Swim for All	
15.30 - 19.30	Swimming Lessons	● ●
15.30 - 19.00	Swimming Lessons	B
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 - 10.00	Baby Swimming Lessons	B
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	
13.30 - 14.30	School Swimming Lessons	● ●
14.00 - 18.30	Swim for All	
15.30 - 19.30	Swimming Lessons	● ● B
18.30 - 20.15	Adult Swim	
19.40 - 20.10	<b>Hydrohex BEAT</b>	£

## WEDNESDAY

06.30 - 09.00	Adult Swim	
08.15 - 09.00	<b>Hydrohex MOVE</b>	£
09.00 - 12.00	Swim for All	
09.30 - 10.15	Aqua Aerobics	
12.00 - 14.00	Adult Swim	
13.45 - 14.45	School Lessons (Nov-July)	● ●
14.00 - 18.30	Swim for All	
15.30 - 19.30	Swimming Lessons	● ●
15.30 - 19.00	Swimming Lessons	B
18.30 - 21.45	Adult Swim	
19.30 - 20.15	<b>Hydrohex POWER</b>	£

## SATURDAY

08.00 - 10.30	Adult Swim	
09.20 - 10.05	Aqua Cycling	£ B
10.30 - 15.30	Swimming Lessons	● ●
10.30 - 15.00	Swimming Lessons	B
10.30 - 15.30	Swim for All	
15.30 - 16.15	<b>Hydrohex CARDIO</b>	£
15.30 - 17.45	Adult Swim	

## SUNDAY

08.00 - 10.30	Adult Swim	
09.00 - 10.00	Additional Needs Swimming	B
10.00 - 15.00	Swimming Lessons	● ● B
10.30 - 15.30	Swim for All	
15.30 - 17.45	Adult Swim	

ADULTS SWIM
  SWIM FOR ALL
  CLASSES
  LESSONS
  HYDROHEX
  £ EXTRA COST FOR CLASS
  B BOOM AREA IN USE
  LANS 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.