

Swimming Pool Timetable

Monday 17th February – Sunday 23rd February 2020

Main Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 07.00-09.00	Lane Swim 10.00-11.00	Lane Swim 7.00-09.00	Lane Swim 07.00-09.00	Lane Swim 07.00-09.00	Lane Swim 07.30 – 08.30	Lane Swim 08.15-09.15
Adult Swimming Lessons 09.30-10.30	Active Aquatic Cycling 11.15-12.00	Lane Swim 10.00-11.00	Lane Swim 10.20-11.20	Lane Swim 10.00-11.00	Lane Swim 12.35-13.35	50+ Swim 09.15-10.00
Lane Swim 10.30-12.30	Lane Swim 12.15-13.15	Active Aquatic Cycling 10.15-11.00	Active Aqua 11.30-12.15	Lane Swim 12.00-13.15	Float Fun 15.00-16.00	Family Swim 10.00-12.00
Active Aqua 12.30-13.15	Float Swim 14.00-16.00	Active Aquatic Cycling 11.15-12.00	Lane Swim 12.20-13.20	50+ Swim 13.45-14.30	Lane Swim 17.35-18.20	Float Fun 14.30-16.30
50+ Swim 13.45-14.30	Lane Swim 20.30-21.30	Lane Swim 12.15-13.15	Float Fun 14.00-16.00	Float Fun 14.30-16.00		Lane Swim 18.45-19.30
Float Swim 14.30-16.00		50+ Swim 13.45-14.30	Lane Swim 19.00-20.00	Lane Swim 17.20-18.00		
Public Swim 18.45-20.00		Float Fun 14.30-16.00		Inflatable Fun Swim 18.15-19.15 (8-13yrs) 50m+		
Lane Swim 20.00-21.30		Inflatable Fun Swim (8-13yrs) 50m+ 18.00-19.00		Lane Swim 20.30-21.30		
		Lane Swim 20.30- 21.30				
Teaching Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim 12.00-13.00	Public Swim 12.00-13.00	Public Swim 12.00-13.00	Public Swim 12.00-13.00	Float Fun 14.30-16.00	Float Fun 14.00-16.00	Family Swim 10.00-12.00
Public Swim 14.30-16.00	Public Swim 14.30-15.30		Float Fun 15.00-16.00	Fun Swim 18.50-19.30		Float Fun 14.30-16.30
Public Swim 18.50-19.30			Public Swim 18.50-19.30			

No child under 8 years allowed in the pool without an adult (16years), ratio 1 adult to 2 children under 8yrs
The swimming pool will be cleared 5 minutes before the end of the session