

Monday

6.30am - 9.30am	Lane Swimming
9.30am - 10.30am	Disabled and 50+
10.30am - 1.30pm	Lane Swimming
1.30pm - 2.30pm	Private hire
2.30pm - 3.30pm	Just Swim
3.30pm - 5.30pm	Swim lessons
5.45pm - 6.45pm	Just Swim
5.45pm - 6.45pm	Lane Swimming
7.00pm - 9.00pm	Private hire*
9.00pm - 10.00pm	Lane Swimming

Tuesday

06.30am - 10.30am	Lane Swimming
10.30am - 11.15am	Aqua Fit*
11.30am - 1.30pm	Lane Swimming
11.30am - 12.30pm	Private hire
1.30pm - 2.30pm	Private hire
2.30pm - 3.30pm	Disabled and 50+
3.30pm - 5.30pm	Swim lessons
5.45pm - 6.45pm	Just Swim
7.00pm - 10.00pm	Lane Swimming

Wednesday

6.30am - 9.30am	Lane Swimming
9.30am - 10.30am	Disabled and 50+
10.30am - 11.30am	Aqua Fit*
11.30am - 1.30pm	Lane Swimming
1.30pm - 2.30pm	Private hire
2.30pm - 3.30pm	Just Swim
3.30pm - 5.30pm	Swim lessons
6.00pm - 8.00pm	Private hire*
8.00pm - 10.00pm	Lane Swimming

Thursday

6.30am - 10.30am	Lane Swimming
10.30am - 11.30am	Disabled and 50+
11.30am - 12.30pm	Aqua Fit*
12.30pm - 1.30pm	Lane Swimming
1.30pm - 2.30pm	Private hire
2.30pm - 3.30pm	Just Swim
3.30pm - 5.30pm	Swim lessons
5.45pm - 6.45pm	Just Swim
5.45pm - 6.45pm	Lane Swimming
6.45pm - 7.45pm	Aqua Zumba*
8.00pm - 9.00pm	Private hire*
9.00pm - 10.00pm	Lane Swimming

Friday

6.30am - 9.30am	Lane Swimming
9.30am - 11.30am	Private hire
11.30am - 12.30pm	Ladies Only
12.30pm - 2.30pm	Lane Swimming
2.30pm - 3.30pm	Just Swim
3.30pm - 5.30pm	Swim lessons
5.45pm - 9.00pm	Private hire*
5.45pm - 9.00pm	Lane Swimming

Saturday

8.00am - 11.00am	Swim lessons
11.15am - 12.15pm	Lane Swimming
12.15pm - 1.15pm	Family Fun
1.15pm - 2.15pm	Family Fun
2.15pm - 3.15pm	Family Fun
3.15pm - 4.15pm	Family Fun
5.00pm - 7.00pm	Pool parties

Sunday

8.00am - 10.00am	Lane Swimming
10.00am - 11.00am	Family Fun
11.00am - 12.00pm	Family Fun
12.00pm - 1.00pm	Family Fun
1.00pm - 2.00pm	Family Fun
2.00pm - 3.00pm	Family Fun
3.00pm - 4.00pm	Just Swim
4.00pm - 6.00pm	Just Swim
4.00pm - 6.00pm	Lane Swimming

During AquaFit & Private Hire sessions marked with '*' the Health Suite will remain available.

Please note there will be a 5 minute change over period between change in sessions.