

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

6.30am-10.30am	Lane Swimming
10.30am-11.15am	Aqua Fit*
11.30am-1.30pm	Lane Swimming
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
7.30pm-9.30pm	Adult Improver lessons

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

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.

Thursday

6.30am-10.30am	Lane Swimming
10.30am-11.30am	Relax swim X2 lanes private hire
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 Swim
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	Just Swim
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 Swim