

# main pool timetable



TERM TIME											
MON	MEMBERS ONLY	07.00 - 09.00	09.30 - 11.30	11.30 - 14.00	14.00 - 17.45			17.45 - 19.00	19.00 - 20.30	20.30 - 21.30	
		4 LANES & DOUBLE SLOW	SCHOOLS	4 LANE SWIMMING & CASUAL	SWIM SCHOOL			LANE SWIMMING	BLUEFINES	ADULT FITNESS TRAINING*	
TUE	MEMBERS ONLY	07.00 - 09.00	09.30 - 11.00	11.05 - 11.50	12.00 - 13.45	13.45 - 14.30	14.30 - 15.30	15.15 - 17.30	17.35 - 19.00	19.00 - 20.00	20.00 - 21.00
		4 LANE SWIMMING & CASUAL	SCHOOLS	AQUAFIT	4 LANE SWIMMING & CASUAL	SCHOOLS	SENIOR SWIM	SWIM SCHOOL	5 LANE SWIM	BLUEFINES	4 LANE SWIM
WED	MEMBERS ONLY	07.00 - 09.00	09.30 - 11.00	11.00 - 12.00	12.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.45	17.45 - 19.00	19.00 - 20.00	20.00 - 21.00
		4 LANES & DOUBLE SLOW	PRIVATE LESSONS	3 LANE SWIMMING & CASUAL	4 LANES & DOUBLE SLOW	SCHOOLS	PRIVATE LESSONS	SWIM SCHOOL	6 LANE SWIMMING	BLUEFINES	4 LANES & DOUBLE SLOW
THU	MEMBERS ONLY	07.00 - 09.00	09.30 - 12.00		12.00 - 14.00	14.00 - 14.45	15.00 - 16.00	16.00 - 17.45	17.45 - 19.00	19.15 - 20.00	20.00 - 21.00
		4 LANE SWIMMING & CASUAL	SCHOOLS		4 LANES & DOUBLE SLOW	AQUAFIT (EASY)	PRIVATE LESSONS	SWIM SCHOOL	5 LANE SWIMMING	AQUAFIT LADIES ONLY	3 LANES & CASUAL LADIES ONLY
FRI	MEMBERS ONLY	07.00 - 09.00	09.30 - 12.00		12.00 - 14.00	14.00 - 16.00		16.00 - 17.30	17.35 - 19.00	19.00 - 21.00	
		4 LANES & DOUBLE SLOW	3 LANE SWIMMING & CASUAL		4 LANES & DOUBLE SLOW	PRIVATE LESSONS		SWIM SCHOOL	4 LANES & CASUAL	BLUEFINES 2 LANE SWIMMING ADULTS ONLY	
SAT		08.00 - 09.00	09.00 - 13.00			13.00 - 14.30	14.45 - 16.45		17.00 - 21.00		
		BLUEFINES	SWIM SCHOOL			3 LANE SWIMMING & CASUAL	FUN SWIM & PLAY RAFTS		AVAILABLE FOR HIRE CALL 01256 302247		
SUN		08.05 - 10.00	10.00 - 12.00	12.00 - 13.30	13.30 - 15.25	15.30 - 17.30		17.35 - 19.00	19.00 - 21.00		
		4 LANES & DOUBLE SLOW	FUN SWIM & PLAY RAFTS	3 LANE SWIMMING & CASUAL	FUN SWIM & RAFTS	SWIM SCHOOL		3 LANE & CASUAL	STAFF TRAINING		

Please note 06.35 - 07.00 weekday sessions for members only, Tuesday member swim starts at 06.00 Bank Holidays 08.05 - 12.30 (3 lanes and casual)  
\*Adult Fitness Training, please book in advance at reception.

# teaching pool timetable



TERM TIME											
MON	MEMBERS ONLY	07.00 - 09.00	09.30 - 11.00	11.00 - 12.30	12.30 - 13.30	13.30 - 15.30	15.30 - 16.00	16.00 - 18.00	18.00 - 19.00	19.00 - 21.00	
		CASUAL SWIM	SCHOOLS	SWIM SCHOOL	LITTLE SPLASHERS	SWIM SCHOOL	PRIVATE LESSONS	SWIM SCHOOL	PRIVATE LESSONS	SWIM SCHOOL	
TUE	MEMBERS ONLY	07.00 - 09.00	09.30 - 12.00		12.00 - 13.30	13.30 - 14.30	14.30 - 16.00	16.00 - 18.30		18.30 - 20.00	20.00 - 21.00
		CASUAL SWIM	SWIM SCHOOL		LITTLE SPLASHERS	SWIM SCHOOL	PRIVATE LESSONS	SWIM SCHOOL		PRIVATE LESSONS	DISPORT
WED	MEMBERS ONLY	07.00 - 09.00	09.30 - 12.00		12.00 - 13.30	13.30 - 14.30	14.30 - 16.00	16.00 - 19.00		19.00 - 21.00	
		CASUAL SWIM	SWIM SCHOOL		LITTLE SPLASHERS	SWIM SCHOOL	PRIVATE LESSONS	SWIM SCHOOL		PRIVATE LESSONS	
THU	MEMBERS ONLY	07.00 - 09.00	09.30 - 10.00	10.00 - 11.00	11.00 - 12.15	12.15 - 13.00	13.00 - 14.30	14.30 - 16.00	16.00 - 18.30		18.30 - 21.00
		CASUAL SWIM	SWIM SCHOOL	SCHOOLS	SWIM SCHOOL	LITTLE SPLASHERS	SWIM SCHOOL	PRIVATE LESSONS	SWIM SCHOOL		PRIVATE LESSONS
FRI	MEMBERS ONLY	07.00 - 09.00	09.30 - 12.30		12.30 - 13.30	13.30 - 14.30	14.30 - 16.00	16.00 - 19.00		19.00 - 20.00	
		CASUAL SWIM	SWIM SCHOOL		LITTLE SPLASHERS	SWIM SCHOOL	PRIVATE LESSONS	SWIM SCHOOL		PRIVATE LESSONS	
SAT		08.00 - 13.30			13.30 - 14.45		14.45 - 16.45	17.00 - 21.00			
		SWIM SCHOOL			CASUAL SWIM		FUN SWIM & PLAY RAFTS	AVAILABLE FOR HIRE CALL 01256 302247			
SUN		08.00 - 10.00	10.00 - 12.00	12.00 - 13.30	13.30 - 15.30		15.30 - 18.00		18.00 - 21.00		
		SWIM SCHOOL	FUN SWIM & PLAY RAFTS	LITTLE SPLASHERS	FUN SWIM & PLAY RAFTS		SWIM SCHOOL		PRIVATE LESSONS		

Please note 06.35 - 07.00 weekday sessions for members only, Tuesday member swim starts at 06.00 Bank Holidays 08.05 - 12.30 (3 lanes and casual)  
Both programmes are subject to change.