

# main pool timetable



TERM TIME											
MON	MEMBERS ONLY	07.00 - 09.00 4 LANES & DOUBLE SLOW	09.30 - 11.30 SCHOOLS	11.30 - 14.00 4 LANE SWIMMING & CASUAL	14.00 - 17.45 SWIM SCHOOL			17.45 - 19.00 LANE SWIMMING	19.00 - 20.30 BLUEFINS SWIM SCHOOL	20.30 - 21.30 ADULT FITNESS TRAINING*	
TUE	MEMBERS ONLY	07.00 - 09.00 4 LANE SWIMMING & CASUAL	09.30 - 11.00 SCHOOLS	11.05 - 11.50 AQUAFIT	12.00 - 13.45 4 LANE SWIMMING & CASUAL	13.45 - 14.30 SCHOOLS	14.30 - 15.30 SENIOR SWIM	16.00 - 17.30 SWIM SCHOOL	17.35 - 19.00 5 LANE SWIM PRIVATE LESSONS	19.00 - 20.00 BLUEFINS	20.00 - 21.00 4 LANE SWIM DISPORT
WED	MEMBERS ONLY	07.00 - 09.00 4 LANES & DOUBLE SLOW	09.30 - 11.00 SCHOOLS	11.00 - 12.00 3 LANE SWIMMING & CASUAL	12.00 - 14.00 4 LANES & DOUBLE SLOW	14.00 - 15.00 SCHOOLS	15.00 - 17.45 SWIM SCHOOL		17.45 - 19.00 6 LANE SWIMMING	19.00 - 20.00 BLUEFINS	20.00 - 21.00 4 LANES & DOUBLE SLOW
THU	MEMBERS ONLY	07.00 - 09.00 4 LANE SWIMMING & CASUAL	09.30 - 12.00 SCHOOLS		12.00 - 13.55 4 LANES & DOUBLE SLOW	14.00 - 14.45 AQUAFIT	14.45 - 17.45 SWIM SCHOOL		17.45 - 19.00 5 LANE SWIMMING PRIVATE LESSONS	19.15 - 20.00 AQUAFIT LADIES ONLY	20.00 - 21.00 3 LANES & CASUAL LADIES ONLY
FRI	MEMBERS ONLY	07.00 - 09.00 4 LANES & DOUBLE SLOW	09.30 - 12.00 3 LANE SWIMMING & CASUAL		12.00 - 14.00 4 LANES & DOUBLE SLOW	14.00 - 15.00 DEMENTIA FRIENDLY SWIM & VISUALLY IMPAIRED	15.00 - 16.00 PRIVATE LESSONS	16.00 - 17.30 SWIM SCHOOL	17.35 - 19.00 4 LANES & CASUAL	19.00 - 21.00 BLUEFINS 2 LANE SWIMMING ADULTS ONLY	
SAT		08.00 - 09.00 BLUEFINS	09.00 - 13.00 SWIM SCHOOL			13.00 - 14.30 3 LANE SWIMMING & CASUAL	14.45 - 16.45 FUN SWIM & PLAY RAFTS	17.00 - 21.00 AVAILABLE FOR HIRE CALL 01256 302247			
SUN		08.05 - 10.00 4 LANES & DOUBLE SLOW	10.00 - 12.00 FUN SWIM & PLAY RAFTS	12.00 - 13.30 3 LANE SWIMMING & CASUAL	13.30 - 15.25 FUN SWIM & RAFTS PRIVATE LESSONS	15.30 - 17.30 SWIM SCHOOL		17.35 - 19.00 3 LANE & CASUAL	19.00 - 21.00 STAFF TRAINING 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)  
\*Adult Fitness Training, please book in advance at Reception. **Timetable subject to change. Please see our website for a 'live' timetable.**

# teaching pool timetable



TERM TIME										
MON	MEMBERS ONLY	07.00 - 09.00 CASUAL SWIM	09.30 - 11.00 SCHOOLS	11.00 - 12.30 SWIM SCHOOL	12.30 - 13.30 LITTLE SPLASHERS	13.30 - 14.30 SWIM SCHOOL	14.30 - 16.00 PRIVATE LESSONS	16.00 - 18.00 SWIM SCHOOL	18.00 - 19.00 PRIVATE LESSONS	19.00 - 21.00 SWIM SCHOOL
TUE	MEMBERS ONLY	07.00 - 09.00 CASUAL SWIM	09.30 - 12.00 SWIM SCHOOL		12.00 - 13.30 LITTLE SPLASHERS	13.30 - 14.30 SWIM SCHOOL	14.30 - 16.00 PRIVATE LESSONS	16.00 - 18.30 SWIM SCHOOL	18.30 - 20.00 PRIVATE LESSONS	20.00 - 21.00 DISPORT
WED	MEMBERS ONLY	07.00 - 09.00 CASUAL SWIM	09.30 - 12.00 SWIM SCHOOL		12.00 - 13.30 LITTLE SPLASHERS	13.30 - 14.30 SWIM SCHOOL	14.30 - 16.00 PRIVATE LESSONS	16.00 - 19.00 SWIM SCHOOL		19.00 - 21.00 PRIVATE LESSONS
THU	MEMBERS ONLY	07.00 - 09.00 CASUAL SWIM	09.30 - 11.00 SCHOOLS	11.00 - 12.15 SWIM SCHOOL	12.15 - 13.00 LITTLE SPLASHERS	13.00 - 18.30 SWIM SCHOOL				18.30 - 21.00 PRIVATE LESSONS
FRI	MEMBERS ONLY	07.00 - 09.00 CASUAL SWIM	09.30 - 12.30 SWIM SCHOOL		12.30 - 13.30 LITTLE SPLASHERS	13.30 - 14.00 SWIM SCHOOL	14.00 - 15.00 DEMENTIA FRIENDLY SWIM & VISUALLY IMPAIRED	15.00 - 16.00 PRIVATE LESSONS	16.00 - 19.00 SWIM SCHOOL	19.00 - 20.00 PRIVATE LESSONS
SAT		08.00 - 13.30 SWIM SCHOOL			13.30 - 14.45 CASUAL SWIM	14.45 - 16.45 FUN SWIM & PLAY RAFTS	17.00 - 21.00 AVAILABLE FOR HIRE CALL 01256 302247			
SUN		08.00 - 10.00 SWIM SCHOOL	10.00 - 12.00 FUN SWIM & PLAY RAFTS	12.00 - 13.30 LITTLE SPLASHERS	13.30 - 15.30 FUN SWIM & PLAY RAFTS	15.30 - 18.00 SWIM SCHOOL		18.00 - 21.00 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)  
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