

POOL TIMETABLE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00							
6.15							
6.30							
6.45							
7.00							
7.15	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+
7.30							
7.45							
8.00						Adults Only 17+	Adults Only 17+
8.15							
8.30							
8.45							
9.00							
9.15	General Swim	General Swim	General Swim				
9.30				General Swim			
9.45		Aqua*	Aqua*				
10.00	Aqua*			General Swim	General Swim		
10.15							
10.30	General Swim	General Swim	General Swim	General Swim		General Swim	General Swim
10.45				General Swim			
11.00				General Swim			
11.15							
11.30	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+		
11.45							
12.00	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+	Aqua*		
12.15							
12.30							
12.45	Aqua*			Aqua*			
13.00				Adults Only			
13.15							
13.30						General Swim	General Swim
13.45							
14.00			General Swim				
14.15		General Swim		General Swim			
14.30							
14.45							
15.00							
15.15							
15.30							
15.45							
16.00	General Swim	General Swim	General Swim	General Swim		Aqua*	Adults Only 17+
16.15							
16.30							
16.45							
17.00						General Swim	General Swim
17.15							
17.30							
17.45							
18.00							
18.15							
18.30							
18.45		General Swim		General Swim			
19.00							
19.15	Adults Only	Adults Only	Adults Only			Adults Only 17+	Adults Only 17+
19.30	Aqua*	Adults Only 17+	Aqua*	Adults Only 17+			
19.45							
20.00							
20.15		Aqua*		Adults Only 17+			
20.30							
20.45	Adults Only 17+		Adults Only 17+	Adults Only 17+			
21.00							
21.15		Adults Only 17+					
21.30				Adults Only 17+			
21.45							
22.00							

MONDAY

Time	Class	Duration (min)	Instructor
09.45	Aqua	45	Andy
12.45	Aqua	45	Jo
19.15	Aqua	45	Jo

TUESDAY

Time	Class	Duration (min)	Instructor
09.30	Aqua	45	Karen
20.00	Aqua	45	James

WEDNESDAY

Time	Class	Duration (min)	Instructor
09.30	Aqua	45	Liz
19.15	Aqua	45	Jo

THURSDAY

Time	Class	Duration (min)	Instructor
12.45	Aqua Zumba	45	Valerie

FRIDAY

Time	Class	Duration (min)	Instructor
12.15	Aqua	45	Everita

SATURDAY

Time	Class	Duration (min)	Instructor
16.00	Aqua Zumba	45	Valerie

Pool and Hot-Tub Opening Hours:

Monday-Friday 6.00am-10.00pm
Saturday-Sunday 7.00am-8.00pm

Off Peak Hours

Monday-Friday 6.00am-4.00pm / 8.30pm-10.00pm
Saturday/Sunday 7.00am-9.00am / 3.00pm-8.00pm

Sauna, Steam Room, Aroma Room and Hot Tub are for use by members 17+ only. - **Currently Unavailable**

Please Note:

- Instructors may be subject to change
- Between 3.30-4.00 / 6.00-6.30 – One lane will be open for general swim during swimming lessons. - **Cancelled until further notice**
- During Children's Holidays Splash will run on a Tuesday and Thursday 2-3pm - **Cancelled until further notice**
- Swimming lessons are on during the holidays accept for two weeks at Christmas - **Cancelled until further notice**

Timetable valid from 25th July 2020



* Please note during swimming lessons and Aqua Classes the pool will be closed to other swimmers.