

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	General Swim	General Swim		
9.30							
9.45							
10.00							
10.15							
10.30							
10.45							
11.00							
11.15							
11.30					Adults Only 17+		
11.45							
12.00	Adults Only 17+			Adults Only 17+	Adults Only 17+		
12.15		Adults Only 17+	Adults Only 17+				
12.30							
12.45							
13.00							
13.15							
13.30							
13.45							
14.00						General Swim	General Swim
14.15							
14.30		General Swim		General Swim			
14.45							
15.00							
15.15							
15.30							
15.45							
16.00	General Swim	Swimming Lessons*		Swimming Lessons*	General Swim		Adults Only 17+
16.15							
16.30			General Swim				
16.45							
17.00							
17.15							
17.30							General Swim
17.45							
18.00							
18.15							
18.30							
18.45		General Swim		General Swim			
19.00							
19.15						Adults Only 17+	Adults Only 17+
19.30							
19.45							
20.00							
20.15	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+	Adults Only 17+		
20.30							
20.45							
21.00							
21.15							
21.30							
21.45							
22.00							

MONDAY

Time	Class	Duration (min)	Instructor
09.45	Aqua	45	Jo
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	Karen

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
20:30	Aqua	45	Liz

FRIDAY

Time	Class	Duration (min)	Instructor
12.15	Aqua	45	Gym Team

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 and Hot Tub are for use by members 17+ only.

Please Note:

- Instructors may be subject to change
- Swimming lessons are on during the holidays except for two weeks at Christmas
- Children need to be supervised by an Adult at all times

-Timetable valid from 21th October 2020

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

