

TERM TIME TIMETABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING 21/04/25 - 25/05/25

15 Mins	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	
MONDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAFIT (S) 09:00-09:45		AQUAFIT (S) 10:00 - 10:45		GENERAL SWIMMING 10:45-14:30				2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		LESSONS				AQUAGYM		GP		GYM		1 LANE - 18:00 - 21:00		MUSIC SWIM		ADULTS ONLY		CLOSED	
TUESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 09:00 - 10:30		ADULTS ONLY		GENERAL SWIMMING 10:00 - 13:30				ADULT LESSONS 2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		LESSONS				1 LANE - 17:00 - 18:00		ROOKIES 2 LANES		AQUAFIT (S) 19:30 - 20:15		TRICLUB							
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		GENERAL SWIMMING 10:00 - 13:30				ADULT LESSONS LANES 12:00 - 13:30		SCHOOLS 13:30-15:00		LESSONS				1 LANE - 17:00 - 18:00		ELITE 2 LANES		SWIM CLUB				CLOSED					
THURSDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		GENERAL SWIMMING 10:45 - 14:45				GP LANES 12:00 - 13:30		SCHOOLS 14:45-15:15		LESSONS				ROOKIES 2 LANES 1 LANE		SWIM CLUB				CLOSED							
FRIDAY	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 10:00 - 14:30				2 LANES 12:00 - 13:30		SCHOOLS 14:30-15:00		LESSONS				ELITE SURVIVAL		2 LANES 19:00-20:00		CLOSED											
SATURDAY	CLOSED		LESSONS WIDTH 09:00-09:30		LESSONS 2 LANES				2 LANES 12:00 - 13:30		INFLATABLE SESSION 14:00 - 15:00		AVAILABLE FOR PARTY HIRE - RING FOR INFO		CLOSED				CLOSED													
SUNDAY	CLOSED		GENERAL SWIMMING 9:00 - 14:00				2 LANES 12:00 - 13:30		FLOAT FUN SESSION 14:00 - 15:00		CLOSED				CLOSED																	

HYDRO POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING

15 Mins	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00			
MONDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING HYDROTHERAPY				LESSONS				GENERAL SWIMMING 15:00 - 16:00		LESSONS				GP				CLOSED					
TUESDAY	GENERAL SWIMMING 08:00 - 9:00		ADULTS ONLY 9:00 - 10:00		GENERAL SWIMMING 10:00 - 11:00		GENERAL SWIMMING 11:00 - 12:00		GP				LESSONS		GP		GENERAL SWIMMING 15:00 - 16:00		LESSONS				GENERAL SWIMMING 18:00 - 19:00		PUBLIC REHAB 19:00 - 20:00		CLOSED	
WEDNESDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING WATER BABIES				GENERAL SWIMMING 14:00 - 15:00				GP		LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED					
THURSDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING WATER BABIES				GENERAL SWIMMING 15:00 - 16:00				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED							
FRIDAY	GENERAL SWIMMING 08:00 - 9:00		PUBLIC REHAB 09:00 - 10:00		GENERAL SWIMMING 10:00 - 11:00		LESSONS				PRIVATE BOOKING WATER BABIES				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED					
SATURDAY	LESSONS				GENERAL SWIMMING 11:00 - 14:00				CLOSED				CLOSED				CLOSED											
SUNDAY	LESSONS				GENERAL SWIMMING 11:00 - 16:00				CLOSED				CLOSED															

We reserve the right to make changes at anytime if circumstances change with swimming volumes, lanes and courses

- COLOUR CHART:
- SWIMMING
 - ADULTS ONLY
 - FUN SESSIONS
 - PARTIES
 - AQUAFIT
 - LESSONS
 - AQUAGYM
 - LANES
 - PUBLIC REHAB
 - SCHOOLS
 - OTHER
 - NOT OPEN TO THE PUBLIC
 - GP REFERRAL
- S = Shallow End
D = Deep End

CONTACT US:

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PRICES - AS OF 1ST APRIL 2024			PLEASE NOTE THE TIMETABLE MAY CHANGE AND LESSONS OR GROUPS MAY AT TIMES TAKE UP SPACE THAT IS NOT ADVERTISED		
SWIMMING	Non Member	Loyalty Member	MONTHLY MEMBERSHIP	PRIVATE SWIMMING LESSONS	
Adult (16+)	£6.00	£5.00	Monthly Direct Debit that allows the holder unlimited swims and Aqua-fitness classes. Add £2 if paying cash or card monthly.	1/2 Hour	£18
Junior (Ages 4 - 15)	£4.00	£3.00	Adult £33	3/4 Hour	£21
Senior (65 years +)	£5.00	£4.20	Junior £25 (Under 16)	1 Hour	£24
Under 2s	FREE	FREE	Senior £30 (65 years +)		
Age 2-3	£2	----	Disabled £25		
Disabled	£4.50	£3.50	Family £80 (2 Adults & 2 Children)		
Carer	£1.50	----	LOYALTY CARD GIVES DISCOUNTED SWIMS		
Hydrotherapy Pool (Booking Only)	Adult £6.00	Child £4	Adult/Senior £30		
Aquafit	£6.50	£5.50	Disabled/Junior £20		
Corp	£2.00	----	Members Annual Parking Pass only £30		
			10 SESSION COURSES		
AQUAGYM			10 session courses for Swimming and Aquafit are available to purchase and will save you 10%		
Induction	£10.00	£5.00	Adult x 10 £54.00		
Gym Session	£6.00		Junior x 10 (Under 18) £36.00		
An Aquagym session for a Monthly Member will cost:	£2.50		Senior x 10 (65 years +) £45.00		
Family Fun Float Session			Disabled x 10 £40.50		
Float Sessions run in the school holidays Tues, Thurs 15:00-16:00 and Sun 14:00-15:00			AQUAFIT x 10 £58.50		
Adult £6.00					
Junior (Under 18) £4.00					
Inflatable Island					
Island Sessions run in the school holidays Mon, Wed and Fri 15:00-16:00 Sat 14:00-15:00					
1 Admission £6.00					

