

TERM TIME TIMETABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING 15/04/24 - 26/05/24

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) 9:00-9:45 (starting 29/04)		AQUAFIT (S) 10:00 - 10:45		GP		2 LANES 12:00 - 13:30		GENERAL SWIMMING 10:45-14:30		SCHOOL LS 14:30-15:00		LESSONS		GENERAL SWIMMING 15:00-19:30		AQUAGYM		GP		AQUAGYM		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		2 LANES 12:00 - 13:30		SCHOOL LS FROM 14/5		LESSONS		GENERAL SWIMMING 14:00-19:30		1 LANE - 17:00 - 18:00		ROOKIES 2 LANES		AQUAFIT (S) 19:30 - 20:15		TRI CLUB		CLOSED				
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		LANES		ADULT LESSONS		2 LANES 12:00 - 13:30		SCHOOLS 13:30-15:00		LESSONS		GENERAL SWIMMING 15:00-18:30		1 LANE - 17:00 - 18:00		ELITE 2 LANES		SWIM CLUB		CLOSED						
THURSDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		AQUAFIT (S + D) 10:00 - 10:45		GENERAL SWIMMING 09:00 - 10:00		2 LANES 12:00-13:30		GENERAL SWIMMING 10:45 - 19:30		LESSONS		GENERAL SWIMMING 14:00-19:30		ROOKIES 2 LANES 1 LANE		SWIM CLUB		CLOSED								
FRIDAY	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 10:00-20:00		2 LANES 12:00 - 13:30		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		GENERAL SWIMMING 9:00 - 14:00		INFLATABLE SESSION 14:00 - 15:00		CLOSED																		
SUNDAY	CLOSED		GENERAL SWIMMING 9:00 - 14:00		2 LANES 12:00 - 13:30		FLOAT FUN SESSION 14:00 - 15:00		GENERAL SWIMMING 15:00 - 16:00		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 - 16:00				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																	
SUNDAY	LESSONS				GENERAL SWIMMING 11:00 - 16:00								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

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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 - 16)	£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					

