

Swimming

GENERAL PROGRAMME

MONDAY	7.00am - 9.00am	Swim Only
	9.00am - 9.30am	Schools (pool not available for public use)
	9.30am - 10.00am	Swim Only
	9.30am - 10.00am	Aqua Lessons bookable course (part beach area available)
	10.00am - 10.30am	Schools (pool not available for public use)
	10.30am - 11.00am	Aqua Lessons bookable course (beach area not available)
	10.30am - 11.30am	Swim Only
	11.00am - 11.30am	Aqua Lessons bookable course (beach area not available)
	11.30am - 12.30pm	Women Only
	12.30pm - 1.15pm	AquaFit (whole pool used)
1.15pm - 2.30pm	Swim Only	
1.30pm - 2.15pm	AquaFit deep water (2 lanes used)	
1.30pm - 2.30pm	Water Babies	
2.30pm - 3.30pm	Public Swim	
3.15pm - 3.45pm	Super Start bookable course (beach area not available)	
3.45pm - 7.00pm	Junior Lessons (pool not available for public use)	
7.05pm - 8.00pm	Women Only/Ante/Post Natal	
8.00pm - 9.45pm	Lane Swim (last entry 9.00pm)	

TUESDAY	7.00am - 9.00am	Swim Only
	9.00am - 10.30am	Schools (pool unavailable for public use)
	10.30am - 1.00pm	Swim Only
	10.30am - 11.00am	Aqua Lessons bookable course (beach area not available)
	11.00am - 11.30am	Aqua Lessons bookable course (beach area not available)
	12.30pm - 1.00pm	Aqua Lessons bookable course (part beach area available)
	1.00pm - 2.00pm	Young @ Heart (over 45's)
	2.00pm - 2.30pm	Schools (pool unavailable for public use)
	2.30pm - 3.00pm	Super Start bookable course (beach area unavailable for public use)
	2.30pm - 3.55pm	Public Swim
4.00pm - 6.00pm	Jnr Lessons (pool unavailable for public use)	
6.05pm - 6.55pm	Lane Swim	
7.00pm - 7.40pm	AquaFit (whole pool used)	
7.50pm - 8.30pm	AquaFit (whole pool used)	
8.35pm - 9.45pm	Lane Swim (last entry 9.00pm)	

WEDNESDAY	7.00am - 9.00am	Swim Only
	9.00am - 9.30am	Over 60's Swim
	9.15am - 10.00am	Water Babies
	9.30am - 10.00am	Swim Only
	10.00am - 11.30am	Schools (pool not available for public use)
	11.30am - 1.30pm	Swim Only
	12.30pm - 1.00pm	Aqua Lessons bookable course (part beach area available)
	1.00pm - 1.30pm	Aqua Lessons bookable course (part beach area available)
	1.30pm - 2.30pm	Schools (pool not available for public use)
	2.30pm - 3.55pm	Public Swim/Staff Training
4.00pm - 7.00pm	Junior Lessons (pool not available for public use)	

GENERAL PROGRAMME

	7.00pm - 7.30pm	Adult Lessons (no public pool use)
	7.30pm - 8.30pm	Young @ Heart/Be Abled Disabled
	8.35pm - 9.45pm	Twilight Swim (last entry 9.00pm)

THURSDAY	7.00am - 9.00am	Swim Only
	9.00am - 10.00am	Young @ Heart (over 45's)
	10.00am - 10.30am	Water Babies/Lane Swim
	10.30am - 11.00am	Schools (no public pool use)
	11.00am - 11.45am	AquaFit (whole pool used)
	11.45am - 12.15pm	Aqua Lessons bookable course (beach area not available)
	11.50am - 1.15pm	Swim Only
	12.15pm - 1.15pm	Water Babies
	1.15pm - 2.15pm	Schools (no public pool use)
	2.15pm - 3.55pm	Swim Only
2.30pm - 3.00pm	Super Start bookable course (beach area not available)	
4.00pm - 5.30pm	Junior Lessons (no public pool use)	
5.45pm - 6.45pm	Happy Hour Fun Time	
7.00pm - 7.40pm	AquaFit (whole pool used)	
7.50pm - 8.30pm	AquaFit (whole pool used)	
8.35pm - 9.45pm	Lane Swim (last entry 9.00pm)	

FRIDAY	7.00am - 9.30am	Swim Only
	9.30am - 11.00am	Schools (no public pool use)
	11.00am - 11.30am	Adult Lessons
	11.00am - 12.00pm	Water Babies
	11.00am - 12.15pm	Swim Only (part of pool available)
	12.15pm - 12.55pm	AquaFit (whole pool used)
	1.00pm - 1.45pm	Deep Water AquaFit (1 lane used)
	1.00pm - 3.30pm	Swim Only (part of pool available)
	2.00pm - 2.30pm	Aqua Lessons (part beach area available)
	3.30pm - 7.00pm	Fun Time
7.00pm - 8.00pm	Lane Swim	
8.00pm - 9.45pm	Twilight Swim	

SATURDAY	8.00am - 11.00am	Junior Lessons
	10.00am - 11.00am	Lane Swim (beach area not available)
	11.10am - 4.30pm	Fun Time (prices from 10.45am)
	3.15pm - 4.15pm	Inflatable Fun (last entry 3.45pm)
	4.30pm - 5.30pm	Pool closes Available for party hire

SUNDAY	8.00am - 10.00am	Lane Swim (fun time prices from 9.45am)
	10.00am - 4.30pm	Fun Time (prices from 9.45am)
	3.15pm - 4.15pm	Inflatable Fun (last entry 3.45pm)
	4.30pm - 5.30pm	Swim Only
	5.30pm - 7.45pm	Swimming Club

Swimming

HALF TERM PROGRAMME

Lane available Monday to Friday 12.30pm to 1.00pm

MONDAY 27th Oct	7.00am - 9.00am	Swim Only
	9.00am - 10.00am	AquaFit (whole pool used)
	10.00am - 2.00pm	Fun Time
	2.00pm - 3.00pm	Inflatable Fun
	3.00pm - 3.30pm	Fun Time
	3.45pm - 7.00pm	Junior Lessons (no public pool use)
	7.05pm - 8.00pm	Women Only/Ante/Post Natal
	8.00pm - 9.45pm	Lane Swim (last entry 9.00pm)

TUESDAY 28th Oct	7.00am - 9.00am	Swim Only
	9.00am - 10.00am	School Lessons
	10.00am - 2.00pm	Fun Time
	2.00pm - 3.00pm	Inflatable
	3.00pm - 3.45pm	Fun Time
	4.00pm - 6.00pm	Junior Lessons (no public pool use)
	6.05pm - 6.55pm	Lane Swim
	7.00pm - 7.40pm	AquaFit (whole pool used)
7.50pm - 8.30pm	AquaFit (whole pool used)	
8.30pm - 9.45pm	Lane Swim (last entry 9.00pm)	

WEDNESDAY 29th Oct	7.00am - 9.00am	Swim Only
	9.00am - 10.00am	School Lessons
	10.00am - 2.00pm	Fun Time
	2.00pm - 3.00pm	Inflatable
	3.00pm - 3.45pm	Fun Time
	4.00pm - 7.00pm	Junior Lessons (no public pool use)
	7.00pm - 7.30pm	Adult Lessons (no public pool use)
	7.30pm - 8.30pm	Young @ Heart/Be Abled Disabled
8.35pm - 9.45pm	Twilight Swim (last entry 9.00pm)	

THURSDAY 30th Oct	7.00am - 9.00am	Swim Only
	9.00am - 10.00am	School Lessons
	10.00am - 2.00pm	Fun Time
	2.00pm - 3.00pm	Inflatable
	3.00pm - 3.45pm	Fun Time
	4.00pm - 5.30pm	Junior Lessons (whole pool used)
	5.45pm - 6.45pm	Happy Hour Fun Time
	7.00pm - 7.40pm	AquaFit (whole pool used)
	7.50pm - 8.30pm	AquaFit (whole pool used)
	8.35pm - 9.45pm	Lane Swim (last entry 9.00pm)

FRIDAY 31st Oct	7.00am - 9.00am	Swim Only
	9.00am - 10.00am	Young @ Heart
	10.00am - 2.00pm	Fun Time
	2.00pm - 3.00pm	Inflatable
	3.00pm - 5.30pm	Fun Time
	5.30pm - 7.00pm	Halloween Pool disco
	7.00pm - 8.00pm	Lane Swim
	8.00pm - 9.45pm	Canoe Club

SATURDAY 1st Nov	8.00am - 11.00am	Junior Lessons
	10.00am - 11.00am	Lane Swim (beach area unavailable)
	11.10am - 4.30pm	Fun Time (prices from 10.45am)
	3.15pm - 4.15pm	Inflatable (last entry 3.45am)
	4.30pm	Pool closes
	4.30pm - 5.30pm	Available for hire

SUNDAY 2nd Nov	8.00am - 10.00am	Lane Swim (fun time prices from 9.45am)
	10.00am - 4.30pm	Fun Time (prices from 9.45am)
	3.15pm - 4.15pm	Inflatable Fun (last entry 3.45pm)
	4.30pm - 5.30pm	Swim Only
	5.30pm - 7.30pm	Available for party hire