

# POOL TIMETABLE

VALID FROM 14/03/2022



## MAIN POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00			Lane Swim (from 6am) + Club Hire (SSC)		Lane Swim (from 6am) + Club Hire (SSC)		
06:30			05:45 - 07:30 Single Lanes		05:45 - 07:30 Single Lanes		
07:00	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 06:00 - 09:00	Lane Swim 07:30 - 09:00		Lane Swim 08:00 - 09:00
07:30			Lane Swim 07:30 - 08:45				
08:00						Club Hire (Tri) 07:30 - 09:30	
08:30							SEnSory Friendly Swim 09:00 - 10:00
09:00	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55		Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55		
09:30			Schools 09:00 - 11:30			General Swim 09:30 - 12:00 (Reduced Capacity)	General Swim 10:15 - 12:00
10:00	General Swim 10:00 - 11:30	Ladies Only Swim 10:00 - 11:15		General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
10:30							
11:00	Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00	Lane Swim 12:00 - 13:30	Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00		
11:30						Inflatable Session 12:30 - 13:30 (Pre Bookable)	
12:00						Inflatable Session 13:30 - 14:30 (Pre Bookable)	General Swim 12:30 - 15:00
12:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00	Schools 13:30 - 14:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00		
13:00							
13:30							
14:00							
14:30							
15:00							
15:30						Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
16:00	General Swim 15:30 - 17:30 (Reduced Capacity)	General Swim 15:30 - 18:00 (Reduced Capacity)	General Swim 15:00 - 17:00 (Reduced Capacity)	General Swim 15:30 - 17:30 (Reduced Capacity)	General Swim 15:30 - 17:30 (Reduced Capacity)		
16:30							
17:00							
17:30							
18:00	Lane Swim 17:45 - 19:30 Single Lanes		Lane Swim 17:15 - 19:00 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 19:30 Single Lanes 19:30 - 20:15 Full Pool Wider Lanes		
18:30							
19:00							
19:30							
20:00	Club Hire (SSC) 19:30 - 21:30	Lane Swim 19:30 - 20:30 Single Lanes 19:45 - 20:15 Float Fit 20:30 - 21:45 Wider Lanes	Club Hire (SSC) 19:00 - 21:00	Club Hire (SSC) 19:30 - 21:30			
20:30							
21:00							
21:30			Lane Swim & Club Hire (SSC) 21:00 - 21:45	Lane Swim & Club Hire (Tri) 21:00 - 21:45	Club Hire (U.W. Hockey) 20:30-21:30		

## PRICING

Lane Swim		General Swim		Inflatable Session		Gym Workout	
Adult	£5.20	Adult	£5.20	Adult	£5.20	Adult	£7.05
Junior	£2.95	Junior	£2.95	Junior	£4.15	Junior	£5.25
Concession	£3.15	Concession	£3.15	Family	£17.35	Gym Induction	£11.00
		Family	£14.80				

# POOL TIMETABLE

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## SMALL POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00							
09:30	Hydro Jog 09.15 - 10.00am	Swimazing Ducklings 9.30 - 10.00					SENsory Friendly Swim 09:00 - 10:00
10:00		Mums and Babies 10.00 - 10.30	Schools			Swimazing Learn to Swim Program	
10:30	General Swim 10:00 - 11:30	Mums and Tots 10.30 - 11.00		General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
11:00							General Swim 10:15 - 12:00
11:30		Swimazing Ducklings 11.20 - 11.50				General Swim 11:00 - 12:00	
12:00		Access Swim 12:00 - 12:45	Aqua Aerobics 12:05 - 12:45	Access Swim 12:00 - 12:45	Aqua Aerobics 12:15 - 13:00		
12:30	Aqua Aerobics 12:15 - 13:00					General Swim 12:30 - 13:30 (Pre Bookable)	General Swim 12:30 - 15:00
13:00						General Swim 13:30 - 14:30 (Pre Bookable)	
13:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00	Schools 13:30 - 14:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00		
14:00							
14:30							
15:00							
15:30							Inflatable Pool Party 15:00 - 16:00
16:00							
16:30							
17:00							
17:30	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program		
18:00							
18:30							
19:00							
19:30							
20:00	Adult Leisure Swim 19.45 - 20:45 <small>Pre bookable session</small>		19.45 Aqua Aerobics	Adult Leisure Swim 19.45 - 20:45 <small>Pre bookable session</small>	Club Hire (UW Hockey)		
20:30							
21:00							

## HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00 (Ladies Only 10:00 - 11:15)	06:00 - 09:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
		12:00 - 13:30				
15:00 - 21:30	15:00 - 21:30	14:30 - 21:30	15:00 - 21:30	15:00 - 21:30		

## FITNESS SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 21:30	06:15 - 21:30	06:15 - 21:30	06:15 - 21:30	06:15 - 21:30	08:15 - 16:00	08:15 - 16:00