

MAIN POOL

WEEK ONE

SMALL POOL

	Monday 25/07	Tuesday 26/07	Wednesday 27/07	Thursday 28/07	Friday 29/07	Saturday 30/07	Sunday 31/07
06:00			Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		
06:30	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 06:00 - 09:00			
07:00			Lane Swim 07:30 - 08:45		Lane Swim 07:30 - 09:00		
07:30						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
08:00							
08:30							
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		SENsory Friendly Swim 09:00 - 10:00
09:30			Inflatable Session 09:30 - 10:30 (Pre Bookable)				
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25	Inflatable Session 10:30 - 11:30 (Pre Bookable)	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25	General Swim 09:30 - 12:00 (Reduced Capacity)	
10:30							
11:00							
11:30	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		General Swim 10:15 - 15:00
12:00						Ollie's Run 12:30 - 13:30 (Pre Bookable)	
12:30						Ollie's Run 13:30 - 14:30 (Pre Bookable)	
13:00							
13:30							
14:00	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)	General Swim 13:15 - 18:00 (Reduced Capacity from 15:30)	General Swim 13:45 - 17:00 (Reduced Capacity from 15:30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)		
14:30							
15:00						Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Lane Swim 17:45 - 19:30 Single Lanes	Pool Closed	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 - 21:00 Single Lanes 19:45 - 20:45 Float Fit 21:00 - 21:45 Wider Lanes	Club Hire (SSC) 19:00 - 21:00	Club Hire (SSC) 19:30 - 21:30	Club Hire (U.W. Hockey) 20:30-21:30		
20:30							
21:00			Lane Swim & Club Hire (SSC) 21:00 - 21:45	Lane Swim & Club Hire (Tri) 21:00 - 21:45			
21:30							

	Monday 25/07	Tuesday 26/07	Wednesday 27/07	Thursday 28/07	Friday 29/07	Saturday 30/07	Sunday 31/07
09:00							
09:30	09:15 - 10:00 Hydro Jog					Swimazing Learn to Swim Program	SENsory Friendly Swim 09:00 - 10:00
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:30	Pool Closed	General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
10:30							
11:00						General Swim 11:00 - 12:00	
11:30							
12:00							
12:30	Aqua Aerobics 12:15 - 13:00	Access Swim 12:00 - 12:45	Aqua Aerobics 12:05 - 12:45	Access Swim 12:00 - 12:45	Aqua Aerobics 12:15 - 13:00	General Swim 12:30 - 13:30 (Pre Bookable)	General Swim 10:15 - 15:00
13:00						General Swim 13:30 - 14:30 (Pre Bookable)	
13:30							
14:00	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30		
14:30							
15:00							Inflatable Pool Party 15:00 - 16:00
15:30							
16:00							
16:30	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		
17:00							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00	Adult Leisure Swim 19:45 - 20:45 pm		19.45 Aqua Aerobics	Adult Leisure Swim 19:45 - 20:45pm			
20:30							
21:00							



HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 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

PITCH & FOOT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 15:00	10:00 - 15:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00

PRICING

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



MAIN POOL

WEEK TWO

SMALL POOL

	Monday 01/08	Tuesday 02/08	Wednesday 03/08	Thursday 04/08	Friday 05/08	Saturday 06/08	Sunday 07/08
06:00			Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		
06:30	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 0600 - 09:00			
07:00			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09.00		
07:30						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
08:00							SENSory Friendly Swim 09:00 - 10:00
08:30							
09:00	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	Inflatable Session 09:30 - 10:30 (Pre Bookable)	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	General Swim 09:30 - 12:00 (Reduced Capacity)	
09:30			Inflatable Session 10:30 - 11:30 (Pre Bookable)				
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		
10:30							
11:00							
11:30	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		General Swim 10:15 - 15:00
12:00						Ollie's Run 12:30 - 13:30 (Pre Bookable)	
12:30						Ollie's Run 13:30 - 14:30 (Pre Bookable)	
13:00							
13:30						Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
14:00	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)	General Swim 13:15 - 18:00 (Reduced Capacity from 15:30)	General Swim 13:45 - 17:00 (Reduced Capacity from 15:30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)		
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Lane Swim 17:45 - 19:30 Single Lanes	Pool Closed	Lane Swim 17:15 - 19:00 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 19:30 Single Lanes		
18:30							
19:00							
19:30							
20:00	Club Hire (SSC) 19:30 - 21:30	Lane Swim 19:30 - 21:00 Single Lanes	Club Hire (SSC) 19:00 - 21:00	Club Hire (SSC) 19:30 - 21:30	Club Hire (SSC) 19:30 - 21:30		
20:30		Float Fit 21:00 - 21:45 Wider Lanes				Club Hire (U.W. Hockey) 20:30-21:30	
21:00			Lane Swim & Club Hire (SSC) 21:00 - 21:45	Lane Swim & Club Hire (Tri) 21:00 - 21:45			
21:30							

	Monday 01/08	Tuesday 02/08	Wednesday 03/08	Thursday 04/08	Friday 05/08	Saturday 06/08	Sunday 07/08
09:00							
09:30	09.15 - 10.00 Hydro Jog					Swimazing Learn to Swim Program	SENSory Friendly Swim 09:00 - 10:00
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:30	Pool Closed	General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
10:30							
11:00						General Swim 11:00 - 12:00	
11:30							
12:00							
12:30	Aqua Aerobics 12:15 - 13:00	Access Swim 12:00 - 12:45	Aqua Aerobics 12:05 - 12:45	Access Swim 12:00 - 12:45	Aqua Aerobics 12:15 - 13:00	General Swim 12:30 - 13:30 (Pre Bookable)	General Swim 10:15 - 15:00
13:00						General Swim 13:30 - 14:30 (Pre Bookable)	
13:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30		
14:00							
14:30							
15:00							
15:30							Inflatable Pool Party 15:00 - 16:00
16:00							
16:30	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		
17:00							
17:30							
18:00							
18:30							
19:00							
19:30	Adult Leisure Swim 19:45 - 20:45 pm		19.45 Aqua Aerobics	Adult Leisure Swim 19:45 - 20:45pm			
20:00							
20:30							
21:00							



HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 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

PITCH & FOOT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 15:00	10:00 - 15:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00

PRICING

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



MAIN POOL

WEEK THREE

SMALL POOL

	Monday 08/08	Tuesday 09/08	Wednesday 10/08	Thursday 11/08	Friday 12/08	Saturday 13/08	Sunday 14/08
06:00			Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		
06:30	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 06:00 - 09:00			
07:00			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09.00		
07:30						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
08:00							SENSory Friendly Swim 09:00 - 10:00
08:30							
09:00	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	Inflatable Session 09:30 - 10:30 (Pre Bookable)	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	General Swim 09:30 - 12:00 (Reduced Capacity)	
09:30			Inflatable Session 10:30 - 11:30 (Pre Bookable)				
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		
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		General Swim 10:15 - 15:00
11:30						Ollie's Run 12:30 - 13:30 (Pre Bookable)	
12:00						Ollie's Run 13:30 - 14:30 (Pre Bookable)	
12:30						Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
13:00							
13:30	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)	General Swim 13:15 - 18:00 (Reduced Capacity from 15:30)	General Swim 13:45 - 17:00 (Reduced Capacity from 15:30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15:30)		
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Lane Swim 17:45 - 19:30 Single Lanes	Pool Closed	Lane Swim 17:15 - 19:30 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 19:30 Single Lanes		
18:30				Pool Closed	Single Lanes 19:30 - 20.15 Full Pool Wider Lanes		
19:00				Private hire			
19:30	Late Night Ollie's Run 19.45 - 20.45pm	Lane Swim 19:30 - 21.00 Single Lanes	Aqua Aerobics 19.45 - 20.45		Club Hire (U.W. Hockey) 20.30-21.30		
20:00		Float Fit 21.00 - 21.45 Wider Lanes					
20:30							
21:00							
21:30							

	Monday 08/08	Tuesday 09/08	Wednesday 10/08	Thursday 11/08	Friday 12/08	Saturday 13/08	Sunday 14/08
09:00			Pool Closed			Swimazing Learn to Swim Program	SENSory Friendly Swim 09:00 - 10:00
09:30	09.15 - 10.00 Hydro Jog						
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:30		General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
10:30						General Swim 11:00 - 12:00	
11:00							
11:30							
12:00							
12:30	Aqua Aerobics 12:15 - 13:00	Access Swim 12:00 - 12:45	Aqua Aerobics 12:05 - 12:45	Access Swim 12:00 - 12:45	Aqua Aerobics 12:15 - 13:00	General Swim 12:30 - 13:30 (Pre Bookable)	General Swim 10:15 - 15:00
13:00						General Swim 13:30 - 14:30 (Pre Bookable)	
13:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30		
14:00							
14:30							
15:00							Inflatable Pool Party 15:00 - 16:00
15:30							
16:00							
16:30	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		
17:00							
17:30							
18:00							
18:30							
19:00							
19:30	Adult Leisure Swim 19:45 - 20:45 pm			Adult Leisure Swim 19:45 - 20:45pm			
20:00							
20:30							
21:00							



HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 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

PITCH & FOOT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 15:00	10:00 - 15:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00

PRICING

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



MAIN POOL

WEEK FOUR

SMALL POOL

	Monday 15/08	Tuesday 16/08	Wednesday 17/08	Thursday 18/08	Friday 19/08	Saturday 20/08	Sunday 21/08
06:00			Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		
06:30	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 06:00 - 09:00			
07:00			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09.00		
07:30						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
08:00							SENSory Friendly Swim 09:00 - 10:00
08:30							
09:00	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	Inflatable Session 09:30 - 10:30 (Pre Bookable)	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	General Swim 09:30 - 12:00 (Reduced Capacity)	
09:30			Inflatable Session 10:30 - 11:30 (Pre Bookable)				
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		
10:30							
11:00							
11:30	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		General Swim 10:15 - 15:00
12:00						Ollie's Run 12:30 - 13:30 (Pre Bookable)	
12:30						Ollie's Run 13:30 - 14:30 (Pre Bookable)	
13:00							
13:30						Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
14:00	General Swim 13:15 - 17:30 (Reduced Capacity from 15.30)	General Swim 13:15 - 18:00 (Reduced Capacity from 15.30)	General Swim 13:45 - 17:00 (Reduced Capacity from 15.30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15.30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15.30)		
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Lane Swim 17:45 - 19:30 Single Lanes	Pool Closed	Lane Swim 17:15 - 19:30 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 19:30 Single Lanes	Private hire	
18:30				Pool Closed	19:30 - 20.15 Full Pool Wider Lanes		
19:00							
19:30							
20:00		Lane Swim 19:30 - 21.00 Single Lanes	Aqua Aerobics 19.45 - 20.45		Club Hire (U.W. Hockey) 20.30-21.30		
20:30		Float Fit 21.00 - 21.45					
21:00		Wider Lanes	Lane Swim 21:00 - 21:45	Lane Swim & Club Hire (Tri) 21:00 - 21:45			
21:30							



PRICING

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



	Monday 15/08	Tuesday 16/08	Wednesday 17/08	Thursday 18/08	Friday 19/08	Saturday 20/08	Sunday 21/08
09:00			Pool Closed				SENSory Friendly Swim 09:00 - 10:00
09:30	09:15 - 10:00 Hydro Jog					Swimazing Learn to Swim Program	
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:30		General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
10:30						General Swim 11:00 - 12:00	
11:00							
11:30							
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 10:15 - 15:00
13:00						General Swim 13:30 - 14:30 (Pre Bookable)	
13:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30		
14:00							
14:30							Inflatable Pool Party 15:00 - 16:00
15:00							
15:30							
16:00							
16:30	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		
17:00							
17:30							
18:00							
18:30							
19:00							
19:30	Adult Leisure Swim 19:45 - 20:45 pm			Adult Leisure Swim 19:45 - 20:45 pm			
20:00							
20:30							
21:00							



HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 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

PITCH & FOOT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 15:00	10:00 - 15:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00

MAIN POOL

WEEK FIVE

SMALL POOL

	Monday 22/08	Tuesday 23/08	Wednesday 24/08	Thursday 25/08	Friday 26/08	Saturday 27/08	Sunday 28/08
06:00			Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		
06:30	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 0600 - 09:00			
07:00			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09.00		
07:30						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
08:00							SENSory Friendly Swim 09:00 - 10:00
08:30							
09:00	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	Inflatable Session 09:30 - 10:30 (Pre Bookable)	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	General Swim 09:30 - 12:00 (Reduced Capacity)	
09:30			Inflatable Session 10:30 - 11:30 (Pre Bookable)				
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		
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		General Swim 10:15 - 15:00
11:30						Ollie's Run 12:30 - 13:30 (Pre Bookable)	
12:00						Ollie's Run 13:30 - 14:30 (Pre Bookable)	
12:30	Private Hire			Private Hire		Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
13:00		General Swim 13:15 - 18:00 (Reduced Capacity from 15.30)	General Swim 13:45 - 17:00 (Reduced Capacity from 15.30)		General Swim 13:15 - 17:30 (Reduced Capacity from 15.30)		
13:30							
14:00	General Swim 15:30 - 17.30 (Reduced capacity from 15.30)			General Swim 15.30 - 17.30 (Reduced capacity from 15.30)			
14:30							
15:00							
15:30							
16:00	Lane Swim 17:45 - 19:30 Single Lanes	Pool Closed	Lane Swim 17:15 - 19:30 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		
16:30				Pool Closed			
16:30				Club Hire (U.W. Hockey) 19.45-20.45	Club Hire (U.W. Hockey) 20.30-21.30		
17:00							
17:30							
18:00							
18:30							
18:30							
19:00							
19:00							
19:30	Late Night Ollie's Run 19.45 - 20.45pm	Lane Swim 19:30 - 21.00 Single Lanes 19.45 - 20.45 Float Fit 21.00 - 21.45 Wider Lanes	Aqua Aerobics 19.45 - 20.45				
20:00							
20:30							
21:00							
21:00							
21:30							

	Monday 22/08	Tuesday 23/08	Wednesday 24/08	Thursday 25/08	Friday 26/08	Saturday 27/08	Sunday 28/08
09:00							SENSory Friendly Swim 09:00 - 10:00
09:30	09.15 - 10.00 Hydro Jog					Swimazing Learn to Swim Program	
10:00	General Swim 10:00 - 11:25	General Swim 10:00 - 11:30	Pool Closed	General Swim 10:00 - 11:30	General Swim 10:00 - 11:30		
10:30						General Swim 11:00 - 12:00	
11:00							
11:30							
12:00							
12:30	Aqua Aerobics 12:15 - 13:00	Access Swim 12:00 - 12:45	Aqua Aerobics 12:05 - 12:45	Access Swim 12:00 - 12:45	Aqua Aerobics 12:15 - 13:00	General Swim 12:30 - 13:30 (Pre Bookable)	General Swim 10:15 - 15:00
13:00						General Swim 13:30 - 14:30 (Pre Bookable)	
13:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30		
14:00							
14:30							
15:00							
15:30							Inflatable Pool Party 15:00 - 16:00
16:00							
16:30	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		
17:00							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00	Adult Leisure Swim 19:45 - 20:45 pm			Adult Leisure Swim 19:45 - 20:45pm			
20:30							
21:00							



HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 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

PITCH & FOOT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 15:00	10:00 - 15:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00

PRICING

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



	Monday 29/08	Tuesday 30/08	Wednesday 31/08	Thursday 01/09	Friday 02/09	Saturday 03/09	Sunday 04/09				
06:00	Bank Holiday	Lane Swim 06:00 - 09:00	Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes	Lane Swim 0600 - 09:00	Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes	Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00				
06:30			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09.00						
07:00			Lane Swim + Club Hire Single Lanes 08.00 - 09.55		Over 60's 09:10 - 09:55			Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	SENSory Friendly Swim 09:00 - 10:00	
07:30	General Swim 10.00 am - 3.30pm	General Swim 10:00 - 11:25	Inflatable Session 09:30 - 10:30 (Pre Bookable)	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25	General Swim 09:30 - 12:00 (Reduced Capacity)	General Swim 10:15 - 15:00				
08:00			Inflatable Session 10:30 - 11:30 (Pre Bookable)					Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00	
08:30			Lane Swim 12:00 - 13:30					Lane Swim 12:00 - 13:30	Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00	
09:00	Bank Holiday	General Swim 13:15 - 18:00 (Reduced Capacity from 15.30)	General Swim 13:45 - 17:00 (Reduced Capacity from 15.30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15.30)	General Swim 13:15 - 17:30 (Reduced Capacity from 15.30)	Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes				
09:30								Ollie's Run 12:30 - 13:30 (Pre Bookable)	Ollie's Run 13:30 - 14:30 (Pre Bookable)	Ollie's Run 12:30 - 13:30 (Pre Bookable)	Ollie's Run 13:30 - 14:30 (Pre Bookable)
10:00								Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes
10:30	Bank Holiday	Pool Closed	Club Hire (SSC) 19:00 - 21:00	Club Hire (SSC) 19:30 - 21:30	Club Hire (SSC) 19:30 - 21:30	Club Hire (U.W. Hockey) 20:30-21:30	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes				
11:00								Lane Swim 19:30 - 20.30 Single Lanes	Lane Swim 19:30 - 20.30 Single Lanes	Lane Swim 19:30 - 20.30 Single Lanes	Lane Swim 19:30 - 20.30 Single Lanes
11:30								Lane Swim 19.45 - 20.15 Single Lanes	Lane Swim 19.45 - 20.15 Single Lanes	Lane Swim 19.45 - 20.15 Single Lanes	Lane Swim 19.45 - 20.15 Single Lanes
12:00	Bank Holiday	Pool Closed	Club Hire (SSC) 19:00 - 21:00	Club Hire (SSC) 19:30 - 21:30	Club Hire (SSC) 19:30 - 21:30	Club Hire (U.W. Hockey) 20:30-21:30	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes				
12:30								Lane Swim 20.30 - 21.45 Wider Lanes	Lane Swim 20.30 - 21.45 Wider Lanes	Lane Swim 20.30 - 21.45 Wider Lanes	Lane Swim 20.30 - 21.45 Wider Lanes
13:00								Lane Swim 20.30 - 21.45 Wider Lanes	Lane Swim 20.30 - 21.45 Wider Lanes	Lane Swim 20.30 - 21.45 Wider Lanes	Lane Swim 20.30 - 21.45 Wider Lanes



	Monday 29/08	Tuesday 30/08	Wednesday 31/08	Thursday 01/09	Friday 02/09	Saturday 03/09	Sunday 04/09					
09:00	Bank Holiday	General Swim 10:00 - 11:30	Pool Closed	General Swim 10:00 - 11:30	General Swim 10:00 - 11:30	Swimazing Learn to Swim Program	SENSory Friendly Swim 09:00 - 10:00					
09:30								General Swim 10:00 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 11:00 - 12:00
10:00												
10:30	General Swim 13:15 - 15:30	General Swim 13:30 - 15:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13:30 - 14:30 (Pre Bookable)							
11:00	Bank Holiday	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	Inflatable Pool Party 15:00 - 16:00					
11:30								19.45 Aqua Aerobics	Adult Leisure Swim 19:45 - 20:45pm			
12:00								Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	
12:30	Bank Holiday	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	Inflatable Pool Party 15:00 - 16:00					
13:00								Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	
13:30								Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	



PRICING

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



HEALTH SUITE

Bank Holiday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 15:30	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
Closed	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30	13:00 - 21:30		

FITNESS SUITE

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

PITCH & FOOT

Bank Holiday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 15:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 18:00	10:00 - 15:00	10:00 - 15:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 15:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00