

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							
07:00	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00	05:45 - 07:30 Single Lanes	Lane Swim 0600 - 09:00	05:45 - 07:30 Single Lanes		
07:30							
08:00			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09:00		
08:30						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
09:00							
09:30	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
10:00			Schools 09:00 - 11:30				
10:30	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	General Swim 09:30 - 12:00 (Reduced Capacity)	
11:00							General Swim 10:15 - 12:00
11:30							
12:00	Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00		Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00		
12:30			Lane Swim 12:00 - 13:30			Inflatable Session 12:30 - 13:30 (Pre Bookable)	
13:00							
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		General Swim 12:30 - 15:00
14:00							
14:30							
15:00						Inflatable Pool Parties 15:00 - 16:00	Lane Swim & Club Hire (SSC) 15:00 - 17:00 Single Lanes
15:30			General Swim 15:00 - 17:00 (Reduced Capacity)	General Swim 15:30 - 17:30 (Reduced Capacity)	General Swim 15:30 - 17:30 (Reduced Capacity)		
16:00	General Swim 15:30 - 17:30 (Reduced Capacity)	General Swim 15:30 - 18:00 (Reduced Capacity)					
16:30							
17:00			Lane Swim 17:15 - 19:00 Single Lanes	Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 19:30 Single Lanes		
17:30							
18:00	Lane Swim 17:45 - 19:30 Single Lanes	Closed					
18:30							
19:00				Closed	19:30 - 20.15 Full Pool Wider Lanes		
19:30							
20:00	Club Hire (SSC) 19:30 - 21:30	Lane Swim 19:30 - 20.30 Single Lanes	Club Hire (SSC) 19:00 - 21:00	Club Hire (SSC) 19:30 - 21:00			
20:30		19.45 - 20.15 Float Fit			Club Hire (U.W. Hockey) 20.30-21.30		
21:00	Club Hire SSC and Craven Energy 21:00 - 21.45	20.30 - 21.45 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
Junior Price	£2.95	Junior Price	£4.15
Concession	£3.15	Family Swim	£17.35
	Family Swim		£14.80
		Adult Price	£7.05
		Junior Price	£5.25
		Gym Induction	£11.00



SMALL POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00	Hydro Jog 09.15 - 10.00am	Swimazing Ducklings 9:30 - 10:00		Swimazing Ducklings 9.30 - 10.00		Swimazing Learn to Swim Program	SENSory Friendly Swim 09:00 - 10:00
09:30		Mums and Babies 10.05 - 10.35	Schools	Aqua Babies 10.05 - 10.35	General Swim 10:00 - 11:30		
10:00	General Swim 10:00 - 11:30	Mums and Tots 10.40 - 11.10		Aqua Tots 10.40 - 11.10			General Swim 10:15 - 12:00
10:30		Swimazing Ducklings 11.20 - 11.50		Swimazing Ducklings 11.20 - 11.50			
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	General Swim 12:30 - 13:30 (Pre Bookable)	
12:30	Aqua Aerobics 12:15 - 13:00						
13:00	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	General Swim 13:30 - 14:30 (Pre Bookable)	General Swim 12:30 - 15:00
13:30							
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 Pre bookable session		19.45 Aqua Aerobics	Adult Leisure Swim 19.45 - 20:45 Pre bookable session	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
15:00 - 21:30	15:00 - 21:30	12:00 - 13:30	15:00 - 21:30	15:00 - 21:30		
		14:30 - 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

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