

# MAIN POOL

# WEEK FOUR

# SMALL POOL

	Mon 14.08	Tues 15.08	Wed 16.08	Thurs 17.08	Fri 18.08	Sat 19.08	Sun 20.08
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							
07:00	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 06:00 - 09:00			
07:30			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09.00		
08:00						Club Hire (Tri) 07:30 - 09:30	Lane Swim 08:00 - 09:00
08:30							
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			Main Pool Inflatable session 09.30 - 10.30 (pre book online)			General Swim 09:30 - 12:00 (Reduced Capacity)	
10:30	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25	Main Pool Inflatable session 10.30 - 11.30 (pre book online)	General Swim 10:00 - 11:25	General Swim 10:00 - 11:25		General Swim 10:15 - 12:00
11:00							
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				
13:00						Main Pool Inflatable session 12.30 - 13.30 (pre book online)	
13:30						Main Pool Inflatable session 13.30 - 14.30 (pre book online)	General Swim 12:30 - 14:45
14:00							
14:30							
15:00	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)	Private Pool Parties 15:00 - 16:00	
15:30							Lane Swim 15:00 - 17:00
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			Pool Closed	Pool Closed	19.30 - 20.15 Full Pool Wider Lanes		
19:30							
20:00	Main Pool Inflatable session 19.45 - 20.45pm	Lane Swim 19:30 - 21.45 Craven Energy 2 Lanes 19.30 - 20.30	Aqua Aerobics 19.45 - 20.30	Lane Swim 19.30 - 21.00		Club Hire (U.W. Hockey) 20.30-21.30	
20:30			Pool Closed				
21:00			Lane Swim & Club Hire (SSC) 21:00 - 21:45	Lane Swim & Club Hire (Tri) 21:00 - 21:45			
21:30							

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08:00							
08:30							
09:00	09.15 - 10.00 Hydro Jog		Pool Closed			Swimazing Learn to Swim Program	SENsory Friendly Swim 09:00 - 10:00
09:30							
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	General Swim 11:00 - 12:00	General Swim 10:15 - 12:00
10:30							
11:00							
11:30							
12:00	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		
12:30							
13:00						Pool Closed	General Swim 12:30 - 14:45
13:30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30	General Swim 13.45 - 15.30	General Swim 13:15 - 15:30	General Swim 13:15 - 15:30		
14:00							
14:30							
15:00							Private Pool Party 15:00 - 16:00
15:30							
16:00	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		
16:30							
17:00							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00	Adult Leisure Swim 19:45 - 20:45pm			Adult Leisure Swim 19:45 - 20:45pm			
20:30							

## HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 21:30	06:00 - 21:30	06:00 - 21:30	06:00 - 21:30	06:00 - 21:30	09:00 - 14:30	09:00 - 17:00

## FITNESS SUITE

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

## REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 15:30	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

Adult General Swim	£5.50	Inflatable - Adult Session	£5.35
Junior General Swim (5-15)	£3.15	Inflatable - Concession	£4.00
Concession General Swim	£3.35	Inflatable - Junior Session	£4.75
Family Swim	£15.70	Inflatable - Family Fun Session	£18.40
Adult Lane Swim	£5.50	Adult Gym Workout	£7.50
Junior Lane Swim (12+)	£3.15	Junior Gym Workout (14-17)	£5.30
Concession Lane Swim	£3.35	Concession Gym Workout	£5.50

**CRAVEN LEISURE**