

SWIMMING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00-10.00	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY AQUAFIT 9.00-9.45	ADULTS ONLY CHILD LESSONS 8.00-9.00
10.00-12.00	ADULT & CHILD SWIM	ADULT & CHILD SWIM	ADULT & CHILD SWIM	ADULT & CHILD SWIM BABY LESSONS	ADULT & CHILD SWIM	ADULT & CHILD SWIM	ADULT & CHILD SWIM
12.00-16.00	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY AQUAFIT 14.30-15.15	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY
16.00-19.00	ADULT & CHILD SWIM CHILD LESSONS	ADULT & CHILD SWIM CHILD LESSONS	ADULT & CHILD SWIM	ADULT & CHILD SWIM AQUAFIT 18.30-19.15	ADULT & CHILD SWIM	ADULT & CHILD SWIM	ADULT & CHILD SWIM
19.00-20.30	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY
20.30-21.30	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	ADULTS ONLY	POOL CLOSED	POOL CLOSED

Please Note: During children's swimming lessons the pool will be partitioned off, so only half the pool will be in use for general swim.
Swimming lessons do NOT take place in half term and other holidays.

Safety admissions: 1 adult per 2 non swimming children. Children 16 and under must be accompanied by an adult.
Due to high volume and for health and safety reasons we may restrict entry to the pool.

Last admission to the pool is 1/2 an hour before stated closing time.

During Aquafit classes the pool is closed for general swim however other 'wet' facilities are still available to use.

EXERCISE CLASSES

MONDAY	TUESDAY	THURSDAY	SATURDAY
PILATES 18.30-19.30	YOGALATES 18.00-19.00	AQUAFIT 14.30-15.15	AQUAFIT 9.00-9.45
	BOOTCAMP 19.00-20.00	AQUAFIT 18.30-19.15	BOOTCAMP 9.30-10.30

Pilates, Yopalates & Aquafit

Please book your place.

Members £1.50

Non-members £5.00

Bootcamp

No need to book, just turn up.

Members £3.00

Non-members £5.00