

Swimming Pool Session Timetable

11th October – 17th October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am-8.15am Lane Swimming		7.15am-8.15am Lane Swimming		7.15am-8.15am Lane Swimming		
8.30am-9.30am Casual Swim	9am-10am Lane Swim	8.30am-9.30am Casual Swim	9am-10am Lane Swim	8.30am-9.30am Casual Swim	10am-11am Swim School Pool Closed	10am-11am Lane Swim
9.45am-10.45am Casual Swim	10.15am-11.15am Casual Swim	9.45am-10.45am Casual Swim	10.15am-11.15am Casual Swim	9.45am-10.45am Aqua Aerobics Casual Swim 2 Lanes	11.00am-12.00pm Swim School Pool Closed	11.15am-12.15pm Casual swim
11am-12pm Casual Swim	11.30am-12.30pm Casual Swim	11am-12pm Casual swim 2 Lanes School Booking	11.30am-12.30pm Casual Swim	11am-12pm Casual Swim 2 Lanes School Booking	12.00pm-1.00pm Swim School Pool Closed	12.30pm-1.30pm Casual Swim
12.15pm-1.15pm Casual Swim	12.45pm-1.45pm Casual Swim	12.15pm-1.15pm Casual Swim	12.45pm-1.45pm Casual Swim	12.15pm-1.15pm Casual Swim	1.00pm-2.00pm Casual Swim	1.45pm-2.45pm Casual Swim
1.30pm-2.30pm Casual Swim	2pm-3pm Casual Swim	1.30pm-2.30pm Casual Swim	2pm-3pm Casual Swim	1.30pm-2.30pm Casual Swim	2.15pm-3.15pm Casual Swim	3pm-4pm Casual Swim
2.45pm-3.45pm Casual Swim	3.30pm-4.30pm Swim School Pool Closed	2.45pm-3.45pm Casual Swim	3.30pm-4.30pm Swim School Pool Closed	2.45pm-3.45pm Casual Swim	3.30pm-4.30pm Casual swim	4.15pm-5.15pm Casual Swim
4.30pm-5.30pm Swim School Pool Closed	4.30pm-5.30pm Swim School Pool Closed	4pm-5pm Casual Swim	4.30pm-5.30pm Swim School Pool Closed	4pm-5pm Casual Swim <i>Shallow end closed from 4.30pm 1 lane Available public</i>		
5.30pm-6.30pm Swim School/Kingfisher Pool Closed	5.30pm-6.30pm Swim School Pool Closed	5.15pm-6.15pm Junior Lifeguard Pool Closed	5.30pm-6.30pm Swim School/Kingfisher Pool Closed	5.30pm-6.30pm Swim School Pool Closed		
6.45pm-7.45pm Casual Swim	6.45pm-7.45pm <i>Shallow End Closed 1 lane available public</i> Casual Swim	6.30pm-7.30pm IWS Pool Closed	6.45pm-7.45pm Casual Swim	6.45pm-7.45pm Casual Swim		
8.00pm-9.00pm Aqua Aerobics Lane Swim 2 Lanes	8.00pm-9.00pm Lane Swim	8.00pm-9.00pm Lane Swim	8.00pm-9.00pm Lane Swim 3 Lanes	8.00pm-9.00pm Lane Swim		

Session's will be on a first come, first served basis.

Session are 45 minutes swim & 15 minutes changing time.

A Covid declaration form **must be** signed at reception **before** each visit to the centre.

Under 10's must be accompanied by a full paying adult at all times.