

Swimming Pool Session Timetable 17th January – 23rd January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am-8am Lane Swimming		7am-8am Lane Swimming		7am-8am Lane Swimming			
8am-9am Casual Swim	9am-10am Lane Swim	8am-9am Casual Swim 2 Lanes	Aqua Aerobics 8.30am- 9.15am	9am-10am Lane Swim	8am-9am Casual Swim	10am-12pm Swim School Pool Closed	10am-11am Lane Swim
9am-10am Casual Swim	10am-11am Casual Swim 2 lanes from 10.30	9am-10am Casual Swim 2 Lanes		10am-11am Casual Swim 2 lanes from 10.30	9am-10am Casual swim	12pm-1pm Casual Swim 2 Lanes	11am-12pm Casual swim
10am-11am Casual Swim	11am-12pm Pool Closed	10am-11am Casual swim		11am-12pm Pool Closed	10am-11am Casual swim 2 Lanes Aqua Aerobics 9.45am-10.30am	1pm-2pm Casual Swim	12pm-1pm Casual Swim
11am-12pm Casual Swim	12pm-1pm Casual Swim	11am-12pm Casual Swim 2 Lanes		12pm-1pm Casual Swim	11am-12pm Casual Swim	2pm-3pm Casual Swim	1pm-2pm Casual Swim
12pm-1pm Casual Swim	1pm-2pm Casual Swim	12pm-1pm Casual Swim 2 Lanes		1pm-2pm Casual Swim 2 Lanes	12pm-1pm Casual Swim	3pm-4pm Casual Swim	2pm-3pm Casual Swim
1pm-2pm Casual Swim 2 Lanes	2pm-3pm Casual Swim	1pm-2pm Casual Swim		2pm-3pm Casual Swim	1pm-2pm Casual Swim	4pm-5pm Casual swim	3pm-4pm Casual Swim
2pm-3pm Casual Swim 2 Lanes	3.45-6.15pm Swim School Pool Closed	2pm-3pm Casual Swim		3.45pm-5pm Swim School Pool Closed	2pm-3pm Casual Swim 2 lanes		4pm-5pm Casual Swim
3.45pm-6.15pm Swim School Pool Closed	6.30pm-7.30pm Casual Swim 3 Lanes	3.45pm-5pm Swim Schools Pool Closed		5.15pm-6.15pm Casual Swim 2 Lanes	3.45pm-5.30pm Swim schools Pool Closed		
6.45pm-7.45pm Pool Closed	7.30pm-8.30pm Casual swim	5.15pm-6.15pm Casual Swim 3 Lanes Junior Lifeguard		6.15pm-7.15pm Casual Swim 2 Lanes	5.45pm-6.45pm Casual Swim		
7.45pm-8.45pm Lane Swim 2 Lanes	8.30pm-9.45pm Lane Swim 2 lanes	6.30pm-7.30pm IWS Pool Closed		7.15pm-8.15pm Casual Swim	6.45pm-7.45pm Casual Swim		
8.00pm-8.45pm Aqua Aerobics		7.30-8.45pm Lane Swim 2 Lanes	7.45-8.30pm Aqua Aerobics	8.30pm-9.45pm 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.