

## Main pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-09:00 <b>Lane Swim</b>	07:00-09:00 <b>Lane Swim</b>	07:00-09:00 <b>Lane Swim</b>	07:00-09:00 <b>Lane Swim</b>	07:00-09:00 <b>Lane Swim</b>	12:15-15:30 <b>Public Swim</b>	09:00-15:30 <b>Public Swim</b>
09:00-12:00 <b>Public Swim</b>	09:00-12:00 <b>Public Swim (Half Pool)</b>	09:00-12:00 <b>Public Swim</b>	09:00-12:00 <b>Public Swim</b>	09:00-12:00 <b>Public Swim (Half Pool)</b>		
10:00-12:00 <b>£2 Swim Over 60's</b>		10:00-12:00 <b>£2 Swim Over 60's</b>				
12:00-13:00 <b>Lane Swim</b>	12:00-13:00 <b>Lane Swim</b>	12:00-13:00 <b>Lane Swim</b>	12:00-13:00 <b>Lane Swim</b>	12:00-13:00 <b>Lane Swim</b>		
13:00-19:00 <b>Public Swim (Half Pool)</b>	13:00-19:00 <b>Public Swim (Half Pool)</b>	13:00-19:00 <b>Public Swim (Half Pool)</b>	13:00-19:00 <b>Public Swim (Half Pool)</b>	13:00-19:00 <b>Public Swim (Half Pool)</b>		
19:00-20:00 <b>Public Swim (Half Pool)</b>			17:00-19:00 <b>£2 Swim Under 16's</b>			
19:20-20:00 <b>Club (Half Pool)</b>	19:15-20:00 <b>Aqua Fit</b>	19:00-20:00 <b>Kayak** (Pre-Book)</b>	19:00-20:00 <b>Adults Only</b>	19:00-20:00 <b>Adults Only</b>		
20:00-21:00 <b>Adults Only</b>	20:00-21:00 <b>Calm Waters</b>	20:00-21:00 <b>Adults Only</b>	20:00-21:00 <b>Adults Only</b>	20:00-21:00 <b>Calm Waters</b>		

## Leisure pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		09:00-10:00 <b>OPERA</b>	17:00-19:00 <b>£2 Swim Under 16's</b>		09:00-15:30 <b>Public Swim</b>	09:00-15:30 <b>Public Swim</b>
17:00-20:00 <b>Public Swim</b>	17:00-20:00 <b>Public Swim</b>	17:00-20:00 <b>Public Swim</b>	17:00-20:00 <b>Public Swim</b>	17:00-20:00 <b>Public Swim</b>		
17:00-19:30 <b>Flume*</b>	17:00-19:30 <b>Flume*</b>	17:00-19:30 <b>Flume*</b>	17:00-19:30 <b>Flume*</b>	17:00-19:30 <b>Flume*</b>		

\*Subject to change based on private party bookings.

\*\*Kayak sessions, must be pre-booked in advance, by phoning 07570 526947.

**Weekend flume parties are available please speak to reception or call 0151 330 3301.**