

Main pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	12:30-14:00 Public Swim (Banded Session)	09:00-10:30 Public Swim (Banded Session)
09:00-12:00 Public Swim	09:00-12:00 Public Swim (Half Pool)	09:00-12:00 Public Swim	09:00-12:00 Public Swim	09:00-12:00 Public Swim (Half Pool)	14:00-15:30 Public Swim (Banded Session)	10:45-12:15 Public Swim (Banded Session)
10:00-12:00 £2 Swim Over 60's		10:00-12:00 £2 Swim Over 60's				12:30-14:00 Public Swim (Banded Session)
12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:00-13:00 Lane Swim		14:15-15:30 Public Swim (Banded Session)
13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)		
19:00-20:00 Public Swim (Half Pool)			17:00-19:00 £2 Swim Under 16's			
19:20-20:00 Club (Half Pool)	19:15-20:00 Aqua Fit	19:00-20:00 Kayak** (Pre-Book)	19:00-20:00 Adults Only	19:00-20:00 Adults Only		
20:00-21:00 Adults Only	20:00-21:00 Calm Waters	20:00-21:00 Adults Only	20:00-21:00 Adults Only	20:00-21:00 Calm Waters		

Leisure pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C	L	O	S	E	D	!
<p>Closed for Maintenance from Monday 24th February for 10 weeks. Temporary time banded sessions will be in place for weekend swimming.</p>						

* 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.