

# Leisure pool timetable 6th June - 24th July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:00	GYM SWIM							07:00
08:00	GYM SWIM					ADULTS ONLY LANE SWIM		08:00
09:00	GENERAL SWIM	BP	BP	GENERAL SWIM	GENERAL SWIM	SWIM ACADEMY LESSONS		09:00
10:00	ADULT LANE SWIM	GENERAL SWIM	GENERAL SWIM	ADULT LANE SWIM	ADULT LANE SWIM			ADULT LANE SWIM
11:00	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM		11:00
12:00	AQUA-FIT	CLEANING	AQUA-FIT	CLEANING	AQUA-FIT			ADULT LANE SWIM
13:00	GYM SWIM					FUN SPLASH		13:00
14:00	GYM SWIM					FUN SPLASH		14:00
15:00	STAFF TRAINING					GENERAL SWIM		15:00
16:00	SWIM ACADEMY LESSONS					GENERAL SWIM		16:00
17:00	SWIM ACADEMY LESSONS					GENERAL SWIM		17:00
18:00	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	GENERAL SWIM	TRI-CLUB		18:00	
19:00	ADULTS ONLY LANE SWIM	ADULTS ONLY LANE SWIM	ADULTS ONLY LANE SWIM	ADULTS ONLY LANE SWIM			ADULT LANE SWIM	ADULT LANE SWIM
20:00	AQUA-FIT	ADULTS SWIM LESSONS	ADULTS ONLY LANE SWIM	AQUA-FIT			20:00	
21:00								21:00
22:00								22:00

GS = Gym swim available for members. Access through gym side only

BP = Baby and toddler lessons

FUN SPLASH = Pool filled with floats for families

- Children up to aged 8 years old must be accompanied at all times by a responsible adult (16yrs+), on a maximum ratio of one adult to two children (1:2)
- Children ages 8 to 15 years old who cannot swim 50m (two lengths of the pool; one front crawl and one back stroke in a recognised stroke to Swim England's standard) must be accompanied at all times by responsible adult (16yrs+).
- Children may be asked to demonstrate their swimming ability.