

Autumn - Term Time

					Main Pool		
Times	Lanes	600 615 630 645 700 715 730 745 800 815 830 845 900 9	915 930 945 1000 1015 1030 1045	1100 1115 1130 1145 1200 121	5 1230 1245 1300 1315 1330 1345 1400	1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 191	5 1930 1945 2000 2015 2030 2045 2100 2115 2130
Monday	Lane 1		Lane Swimming			Swim Lessons	Lane Swim - Adults Only
	Lane 2	Lane Swimming	General Aqua - 10am to 10.55am	General Swim		Lane Swimming	Lane Swim - Adults Only
	Lane 3	Lane Swimming	Swim Adda - 10am to 10.35am	General Swilli	Lane Swimming	General Swim	Lane Swim - Adults Only
Times	Lanes	600 615 630 645 700 715 730 745 800 815 830 845 900 9	915 930 945 1000 1015 1030 1045	i 1100 1115 1130 1145 1200 121	5 1230 1245 1300 1315 1330 1345 1400	1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 191	5 1930 1945 2000 2015 2030 2045 2100 2115 2130
	Lane 1		Lane Swimming			Swim Lessons	Lane Swim - Adults Only
day	Lane 2	Lane Swimming				Lane Swimming	Lane Swim - Adults Only
Ines	Lane 3	Lane Swimming	General Swim	Aqua - 11am to 11.55am General Swim	Lane Swimming	General Swim	Lane Swim - Adults Only
Times	Lanes	600 615 630 645 700 715 730 745 800 815 830 845 900 9	915 930 945 1000 1015 1030 1045	i 1100 1115 1130 1145 1200 121	5 1230 1245 1300 1315 1330 1345 1400	1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 191	5 1930 1945 2000 2015 2030 2045 2100 2115 213
<u>≥</u>	Lane 1		Lane Swimming			Swim Lessons Control of the Control	Lane Swim - Adults Only
Wednesday	Lane 2	Lane Swimming	General	Aqua - 11am to 11.45am General Swim		Lane Swimming	Lane Swim - Adults Only
	Lane 3	Lane Swimming	Swim Aqua - 10am to 10.45am		Lane Swimming	General Swim	Lane Swim - Adults Only
Times	Lanes	600 615 630 645 700 715 730 745 800 815 830 845 900 9	915 930 945 1000 1015 1030 1045	i 1100 1115 1130 1145 1200 121	5 1230 1245 1300 1315 1330 1345 1400	1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 1915	5 1930 1945 2000 2015 2030 2045 2100 2115 213
Thursday	Lanes Lane 1 Lane 2 Lane 3	600 615 630 645 700 715 730 745 800 815 830 845 900 9 Lane Swimming Lane Swimming	915 930 945 1000 1015 1030 1045 Lane Swimming General Swim Aqua - 10am to 10.55am	General Swim	5 1230 1245 1300 1315 1330 1345 1400 Lane Swimming	1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 191 Swim Lessons Lane Swimming General Swim	5 1930 1945 2000 2015 2030 2045 2100 2115 213 Lane Swim - Adults Only Lane Swim - Adults Only Lane Swim - Adults Only
Thursday	Lane 1	Lane Swimming Lane Swimming	Lane Swimming General Swim Aqua - 10am to 10.55am	General Swim	Lane Swimming	Swim Lessons Lane Swimming	Lane Swim - Adults Only Lane Swim - Adults Only Lane Swim - Adults Only
Times	Lane 1 Lane 2 Lane 3	Lane Swimming Lane Swimming	Lane Swimming General Swim Aqua - 10am to 10.55am	General Swim	Lane Swimming	Swim Lessons Lane Swimming General Swim	Lane Swim - Adults Only Lane Swim - Adults Only Lane Swim - Adults Only
Times	Lane 2 Lane 3 Lane 5 Lane 1 Lane 1 Lane 2	Lane Swimming Lane Swimming 600 615 630 645 700 715 730 745 800 815 830 845 900 9 Lane Swimming	Lane Swimming General Aquia - 19am to 19.55am	General Swim	Lane Swimming 15 1230 1245 1300 1315 1330 1345 1400	Swim Lessons Lane Swimming General Swim 1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 191 Swim Lessons Lane Swimming	Lane Swim - Adults Only Lane Swim - Adults Only Lane Swim - Adults Only 5 1930 1945 2000 2015 2030 2045 2100 2115 213 Lane Swim - Adults Only Lane Swim - Adults Only Lane Swim - Adults Only Pool Cla
Thursday	Lane 1 Lane 2 Lane 3 Lane 3 Lane s Lane 1	Lane Swimming Lane Swimming 600 615 630 645 700 715 730 745 800 815 830 845 900 9	Lane Swimming General Aqua-19am to 19.85am	General Swim	Lane Swimming	Swim Lessons Lane Swimming General Swim 1415 1430 1445 1500 1515 1530 1545 1600 1615 1630 1645 1700 1715 1730 1745 1800 1815 1830 1845 1900 191 Swim Lessons	Lane Swim - Adults Only Lane Swim - Adults Only Lane Swim - Adults Only 5 1930 1945 2000 2015 2030 2045 2100 2115 213 Lane Swim - Adults Only
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Monday	Lane 1	Pool Closed	General Swim			General Swim	Pool Closed				
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Tuesday	Lane 1 Pool Closed		General Swim			General Swim	Pool Closed				
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Wednesday	Lane 1	Pool Closed	General Swim	General Swim Parent and Baby Lessons		General Swim	Pool Closed				
	Lane 2					Swim Lessons					
	Lane 1					General Swim					
Thursday	Lane 1	Pool Closed	General Swim			Swim Lessons	Pool Closed				
	Lane 2					Offin Education					
Friday	Lane 1					General Swim					
	Lane 2		General Swim			Swim Lessons	Pool Closed				
C-tt	Lane 1	Pool Closed	General Swim			General Swim	Pool Closed				
Saturday	Lane 2		Swim Lessons			General SWIM	Pool Glosed				
Sunday	Lane 1	Pool Closed	General Swim			General Swim	Pool Closed				
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Lane Swimming - Structured swimming using marked lanes—ideal for fitness and technique-focused swimmers. Swimmers are required to follow lane etiquette and pace.

Lane Swimming - Adults Only - Reserved lane swimming for adults aged 16 and over.

General Swim - Open swim time for individuals and families to enjoy the pool freely—no lanes or structured format. Great for casual swimming and fun.

Aqua - A group water-based fitness session combining cardio and resistance exercises. Low-impact and suitable for a range of fitness levels.

Float Session - A session for the whole family to enjoy a splash-tastic hour of floating, playing, and relaxing in the water!

Swim Lessons - Professional swimming instruction provided by Swim Nature. Tailored lessons for varying abilities, focusing on technique, water confidence, and progress.

Parent and Baby Lessons - Fun and safe water play sessions provided by Swim Nature.

Pool Closed - During this period, the pool is temporarily unavailable for maintenance and hygiene upkeep to ensure a safe swimming environment.

More Information