

**Swimming Pool Timetable**  
**From 5.9.22**

| Day       | Time          | Activity   |
|-----------|---------------|--|
| Monday    | 06.30 – 09.30 | Public Swimming  |
|           | 09.30 – 11.45 | **School Swimming / Adult Swimming                     |
|           | 11.45 – 13.00 | Public Swimming (Lane swim 12pm – 1pm)                 |
|           | 13.00 – 15.00 | **School Swimming / Adult Swimming                     |
|           | 15.00 – 17.00 | **SWIMSKOOL / Public Swimming                          |
|           | 17.00 – 18.00 | **SWIMSKOOL / Adult Swimming                           |
|           | 18.00 – 19.00 | Public Swimming / **SWIMSKOOL 1 lane 18.00 – 18.30     |
|           | 19.00 – 20.00 | Public Swimming  |
|           | 20.00 – 21.30 | Adult Swimming   |
| Tuesday   | 06.30 – 10.30 | Public Swimming  |
|           | 10.30 – 11.15 | **AQUAFIT / Adult Swimming                             |
|           | 11.15 – 14.00 | Public Swimming  |
|           | 14.00 – 16.00 | Staff Training – <b>Pool, Steam &amp; Sauna Closed</b> |
|           | 16.00 – 17.00 | **SWIMSKOOL / Public Swimming                          |
|           | 17.00 – 18.00 | **SWIMSKOOL / Adult Swimming                           |
|           | 18.00 – 19.00 | Public Swimming / **SWIMSKOOL 1 lane 18.00 – 18.30     |
|           | 19.00 – 20.30 | Rookie Lifeguard – <b>Pool Closed.</b>                 |
|           | 20.30 – 21.30 | **Adult Swim Clinic / Adult Swimming                   |
| Wednesday | 06.30 – 13.30 | Public Swimming (Lane swim 12pm – 1pm)                 |
|           | 13.30 – 14.15 | **AQUAFIT / Adult Swimming                             |
|           | 14.15 – 17.00 | **SWIMSKOOL / Public Swimming                          |
|           | 17.00 – 18.00 | **SWIMSKOOL / Adult Swimming                           |
|           | 18.00 – 19.30 | Public Swimming / **SWIMSKOOL 1 lane 18.00 – 19.00     |
|           | 19.30 – 20.30 | **AQUAFIT / Adult Swimming                             |
|           | 20.30 – 21.30 | S.H.U.G. Diving Club                                   |
| Thursday  | 06.30 – 10.30 | Public Swimming  |
|           | 10.30 – 11.15 | **AQUAFIT / Adult Swimming                             |
|           | 11.15 – 13.00 | Public Swimming (Lane swim 12pm – 1pm)                 |
|           | 13.00 – 15.00 | **School Swimming / Adult Swimming                     |
|           | 15.00 – 17.00 | **SWIMSKOOL / Public Swimming                          |
|           | 17.00 – 18.00 | **SWIMSKOOL / Adult Swimming                           |
|           | 18.00 – 20.30 | Public Swimming / **SWIMSKOOL 1 lane 18.00 – 18.30     |
|           | 20.30 – 21.30 | Adult Swimming   |
| Friday    | 06.30 – 09.00 | Public Swimming  |
|           | 09.00 – 10.00 | **Tadpoles (Adult & Child) / Adult Swimming            |
|           | 10.00 – 10.30 | **SWIMSKOOL / Adult Swimming                           |
|           | 10.30 – 11.30 | **Adult Swim Clinic / Adult Swimming                   |
|           | 11.30 – 13.00 | Public Swimming (Lane swim 12pm – 1pm)                 |
|           | 13.00 – 15.00 | **School Swimming / Adult Swimming                     |
|           | 15.00 – 17.00 | **SWIMSKOOL / Public Swimming                          |
|           | 17.00 – 18.00 | **SWIMSKOOL / Adult Swimming                           |
|           | 18.00 – 20.00 | Public Swimming / **SWIMSKOOL 1 lane 18.00 – 18.30     |
|           | 20.00 – 21.30 | Adult Swimming   |
| Saturday  | 09.00 – 10.00 | Public Swimming  |
|           | 10.00 – 11.00 | **SWIMSKOOL / Public Swimming                          |
|           | 11.00 – 13.00 | **SWIMSKOOL / Adult Swimming                           |
|           | 13.00 – 14.00 | **SWIMSKOOL / Public Swimming                          |
|           | 14.00 – 16.30 | Public Swimming  |
| Sunday    | 09.00 – 16.30 | Public Swimming  |

**BANK HOLIDAY OPENING HOURS = 9.00 – 15.00 (Public Swimming)**

The Management reserves the right to amend programmed activities without prior notice.

**Adults only during classes**

- An adult must accompany children aged under 4 on a 1:1 ratio
- An adult must accompany children aged between 4 and 7 on a 2:1 ratio

\*\*Lanes will be limited during these activities

**\*\*\*Could all patrons please respect local residents property and driveways\*\*\***