



Summer Holidays

Pool Timetable

22nd July – 1st September 2024



Day	Time	Activity
Monday	06.30 – 09.00	Public Swimming
	09.00 – 10.00	**Swimming lessons / Adult Swimming
	10.00 – 16.00	Public Swimming
	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 – 20.00	Good Boost / Public Swimming
	20.00 – 21.30	Adult Swimming
Tuesday	06.30 – 09.00	Public Swimming
	09.00 – 12.00	**Swimming Lessons / **AQUAFIT / Adult Swimming
	12.00 – 14.00	Public Swimming
	14.00 – 16.00	Staff Training – Pool, Steam & Sauna Closed
	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 – 19.00
	19.00 – 20.30	Rookie Lifeguard – Pool Closed.
20.30 – 21.30	**Adult Swim Clinic / Adult Swimming	
Wednesday	06.30 – 09.00	Public Swimming
	09.00 – 10.00	**Swimming lessons / Adult Swimming
	10.00 – 13.30	Public Swimming
	13.30 – 15.00	**AQUAFIT / Adult Swimming
	15.00 – 16.00	Public Swimming
	16.00 – 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 – 09.00	Public Swimming
	09.00 – 12.00	**Swimming Lessons / **AQUAFIT / Adult Swimming
	12.00 – 15.00	Public Swimming
	15.00 – 16.00	Good Boost / Public Swimming
	16.00 – 17.00	**SWIMSKOOL / Public Swimming
	17.00 – 18.00	**SWIMSKOOL / Adult Swimming
	18.00 – 20.30	Public Swimming / **SWIMSKOOL 1 Lane 18.00 – 19.00
	20.30 – 21.30	Adult Swimming
Friday	06.30 – 09.00	Public Swimming
	09.00 – 09.30	**Tadpoles (Parent & Toddler) / Adult Swimming
	09.30 – 10.00	**SWIMSKOOL / Adult Swimming
	10.00 – 11.00	** Adult Swim Clinic / Adult Swimming
	11.00 – 16.00	Good Boost / Public Swimming
	16.00 – 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

26th August Bank holiday 9am – 3pm

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*****