

Swimming Pool Timetable

March 30th - April 12th 2026

Monday

7:00 - 8:00 am	Advanced 25m Lanes
7:05 - 8:05 am	Triathlon Training
8:00 - 8:45 am	25m Open Session
9:00 - 9:45 am	Intensive Lessons 
9:00 - 6:00 pm	Family Swim
1:00 - 1:45 pm	Intensive Lessons 
6:15 - 8:00 pm	25m Open Session
8:00 - 8:40 pm	Aqua 

Bank Holiday Monday, April 6th:
10:15 - 5:30 pm Family Swim

Thursday

7:00 - 8:00 am	Advanced 25m Lanes
8:00 - 8:45 am	25m Open Session
9:00 - 9:45 am	Intensive Lessons 
9:00 - 5:00 pm	Family Swim
12:00 - 12:40 pm	Aqua
1:00 - 1:45 pm	Intensive Lessons 
5:00 - 8:30 pm	Swim Club
5:00 - 8:00 pm	25m Open Session 
8:00 - 9:30 pm	Advanced 25m Lanes
8:30 - 9:30 pm	Triathlon Training 

Tuesday

7:00 - 9:00 am	Advanced 25m Lanes
8:00 - 9:00 am	25m Open Session
9:00 - 9:45 am	Intensive Lessons 
10:00 - 6:00 pm	Family Swim
12:00 - 12:40 pm	Aqua
1:00 - 1:45 pm	Intensive Lessons 
6:15 - 8:00 pm	25m Open Session
8:00 - 9:30 pm	Advanced 25m Lanes
8:30 - 9:30 pm	Triathlon Training


Friday

7:00 - 8:00 am	Advanced 25m Lanes
8:00 - 8:45 am	25m Open Session
9:00 - 9:45 am	Intensive Lessons 
9:00 - 5:00 pm	Family Swim
9:50 - 10:30 am	Aqua
1:00 - 1:45 pm	Intensive Lessons 
5:15 - 6:15 pm	Autism Hour
6:30 - 8:30 pm	25m Open Session

Wednesday

7:00 - 8:45 am	25m Open Session
9:00 - 9:45 am	Intensive Lessons 
9:00 - 6:00 pm	Family Swim
12:00 - 12:40 am	Aqua
1:00 - 1:45 pm	Intensive Lessons 
6:15 - 7:55 pm	25m Open Session

Saturday

9:00 - 1:00 pm	Teacher Upskill 
10:00 - 12:45 pm	Family Swim
12:55 - 1:50 pm	Advanced 25m Lanes
2:00 - 5:30 pm	Family Swim

Sunday

9:00 - 1:00 pm	Teacher Upskill 
10:15 - 5:30 pm	Family Swim

   Green, amber and red lights indicate how busy the pool will be during school lessons. *Pre booking for advanced masters is compulsory

Please allow additional time at the start/end of the 25m swim times to allow the pool setup to be changed

Please note: The pool closes 30 minutes before facility closing time, and the gym closes 15 minutes before closing time.