

# Swimming Pool Timetable

January 2023





## Monday

7:00 - 8:00 am	Advanced 25m Lanes
7:05 - 8:05 am	Masters
8:00 - 9:00 am	25m Open Session
9:00 - 10:00 am	School Lesson 
9:00 - 6:00 pm	Family Swim
9:45 - 10:30 am	Adult Lessons
1:00 - 2:00 pm	School Lesson 
2:00 - 6:00 pm	Centre Lessons
6:00 - 8:30 pm	25m Open Session
7:00 - 8:00 pm	Swim Club 
8:00 - 8:40 pm	Aqua
8:45 - 9:30 pm	Adult Lessons

## Tuesday

7:00 - 8:00 am	Advanced 25m Lanes
7:15 - 8:15 am	School Lesson 
8:00 - 9:00 am	25m Open Session
9:00 - 6:00 pm	Family Swim
11:00 - 12:00 pm	School Lesson 
12:00 - 12:40 pm	Aqua
1:00 - 2:00 pm	School Lesson 
4:00 - 6:00 pm	Centre Lessons
6:00 - 8:00 pm	25m Open Session
6:00 - 7:30 pm	Swim Club 
8:00 - 9:30 pm	Advanced 25m Lanes
8:30 - 9:30 pm	Masters




## Wednesday

7:00 - 9:00 am	25m Open Session
7:30 - 8:30 am	School Lesson 
9:00 - 10:00 am	School Lesson 
9:00 - 6:00 pm	Family Swim
9:45 - 10:30 am	Adult Lessons
12:00 - 12:40 am	Aqua
11:00 - 12:00 pm	School Lesson 
1:00 - 2:00 pm	School Lesson 
3:00 - 6:00 pm	Centre Lessons
6:00 - 7:55 pm	25m Open Session
6:00 - 7:00 pm	Swim Club 
8:00 - 9:30 pm	Adult Lessons

## Thursday

7:00 - 8:00 am	Advanced 25m Lanes
7:15 - 9:00 am	School Lesson
8:00 - 9:00 am	25m Open Session
9:00 - 10:00 am	School Lesson 
9:00 - 5:00 pm	Family Swim
12:00 - 12:40 pm	Aqua
1:00 - 2:00 pm	School Lesson
2:00 - 3:00 pm	School Lesson 
3:00 - 4:00 pm	School Lesson 
4:00 - 5:00 pm	Centre 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

## Friday




7:00 - 8:00 am	Advanced 25m Lanes
7:45 - 8:45 am	School Lesson 
8:00 - 9:00 am	25m Open Session
9:00 - 10:00 am	School Lesson
9:00 - 5:00 pm	Family Swim
9:50 - 10:30 am	Aqua
1:00 - 2:00 pm	School Lesson
2:00 - 3:00 pm	School Lesson
3:00 - 4:00 pm	School Lesson 
4:00 - 5:00 pm	Centre Lessons
5:15 - 6:15 pm	Autism Hour
6:30 - 8:30 pm	25m Open Session
5:00 - 7:00 pm	Swim Club 

## Saturday

10:00 - 12:45 pm	Centre Lessons
12:55 - 1:50 pm	Advanced 25m Lanes
2:00 - 5:30 pm	Public Swim

## Sunday

10:15 - 5:30 pm	Public Swim
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   Green, amber and red lights indicate how busy the pool will be during school lessons  
\*Pre booking for advanced masters is compulsory