





Swimming Pool Timetable

March 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 - 10:00 am	School 
9:45 - 10:30 am	Adult Lessons
9:00 - 6:00 pm	Family Swim
10:30 - 12:30 pm	Baby Lessons
1:00 - 2:00 pm	School 
2:00 - 6:00 pm	Centre Lessons 
6:15 - 8:00 pm	25m Open Session
8:00 - 8:40 pm	Aqua 
8:45 - 9:30 pm	Adult Lessons

Tuesday

7:00 - 9:00 am	Advanced 25m Lanes
7:00 - 12:00 pm	School 
8:00 - 9:00 am	25m Open Session
10:00 - 6:00 pm	Family Swim
12:00 - 12:40 pm	Aqua
2:00 - 2:30 pm	Baby Lessons
2:00 - 4:00 pm	School 
4:00 - 6:00 pm	Centre Lessons
6:15 - 8:00 pm	25m Open Session
8:00 - 9:30 pm	Advanced 25m Lanes
8:30 - 9:30 pm	Triathlon Training

Wednesday

7:00 - 8:45 am	25m Open Session
7:00 - 8:00 am	School 
9:00 - 6:00 pm	Family Swim
9:00 - 10:00 am	School 
9:45 - 10:30 am	Adult Lessons
10:30 - 11:00 am	Baby Lessons
11:00 - 12:00 pm	School 
12:00 - 12:40 am	Aqua
1:00 - 2:00 pm	School
3:00 - 6:00 pm	Centre Lessons
6:15 - 7:55 pm	25m Open Session
8:45 - 9:30 pm	Adult Lessons

Thursday

7:00 - 8:00 am	Advanced 25m Lanes
7:00 - 7:45 am	School
8:00 - 8:45 am	25m Open Session
9:00 - 10:00 am	School 
10:00 - 11:00 am	Baby Lessons
9:00 - 5:00 pm	Family Swim
12:00 - 12:40 pm	Aqua
1:00 - 3:00 pm	School 
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
7:00 - 8:00 am	School
8:00 - 8:45 am	25m Open Session
9:00 - 10:00 am	School 
9:00 - 5:00 pm	Family Swim
9:50 - 10:30 am	Aqua
11:00 - 12:00 pm	School
12:00 - 1:00 pm	Baby Lessons
1:00 - 3:00 pm	School 
4:00 - 5:00 pm	Centre Lessons
5:15 - 6:15 pm	Autism Hour
6:00 - 7:00 pm	School 
6:30 - 8:30 pm	25m Open Session

Saturday

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

Sunday

10:15 - 5:30 pm	Family 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

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.