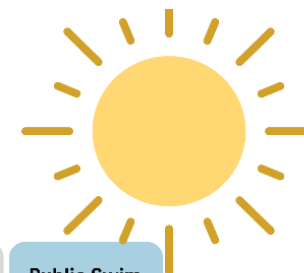


Summer Swimming Timetable

1st August - 4th September



Monday	Lane Swim 7.00 am - 8.45 am	Parent & Toddler Class 9.30 am - 10.15 am	Quiet Adult & Disabled Swim 10.45 am - 12.00 noon	Public Swim 12.15 pm - 1.15 pm	School Swimming Pool Unavailable 1.25 pm - 3.00 pm	Adult Swim 3.00 pm - 4.00 pm	Children's Swimming Lessons Pool Unavailable 4.00 pm - 6.35 pm	Public Swim 6.45 pm - 7.45 pm	
Tuesday	Lane Swim 7.00 am - 8.45 am	Women Only Swim * 9.15 am - 10.00 am	Women Only Lane Swim *** 10.10 am - 10.55 am	50+ Swim 11.10 am - 12.10 pm	Public Swim 12.15 pm - 1.15 pm	School Swimming Pool Unavailable 1.25 pm - 3.00 pm	Children's Swimming Lessons Pool Unavailable 4.00 pm - 6.35 pm	Public Swim 6.45 pm - 7.45 pm	
Wednesday	Lane Swim 7.00 am - 8.45 am	Parent & Toddler Class 9.30 am - 10.15 am	Women Only Swim Lesson 10.30 am - 11.15 am	Women Only Aqua Class 11.20 am - 12.05 pm	Public Swim 12.15 pm - 1.15 pm	School Swimming Pool Unavailable 1.25 pm - 3.00 pm	Children's Swimming Lessons Pool Unavailable 4.00 pm - 6.35 pm	Public Swim 6.45 pm - 7.45 pm	
Thursday	Lane Swim 7.00 am - 8.45 am	Parent & Toddler Class 9.30 am - 10.15 am	Quiet Adult & Disabled Swim 10.45 am - 12.00 noon	Public Swim 12.15 pm - 1.15 pm	Private Hire Pool Unavailable 1.25 pm - 3.00 pm	Adult Swim 3.00 pm - 4.00 pm	Children's Swimming Lessons Pool Unavailable 4.00 pm - 6.35 pm	Public Swim 6.45 pm - 7.45 pm	
Friday	Lane Swim 7.00 am - 8.45 am	Women Only Swim * 9.15 am - 10.00 am	Women Only Swim * 10.10 am - 10.55 am	Women Only Swim ** 11.05 am - 11.50 am	Pool Unavailable 12.15 pm - 1.15 pm	Summer Family Swim 1.45 pm - 2.45 pm	Adult Swim^ 3.00 pm - 4.00 pm	Children's Swimming Lessons Pool Unavailable 4.00 pm - 6.35 pm	Public Swim 6.45 pm - 7.45 pm
Saturday	Lane Swim 7.00 am - 8.15 am	Children's Swimming Lessons Pool Unavailable 8.30 am - 5.00 pm						Children under eight years old must be accompanied by an adult. Ratio: one adult to two children under eight and one adult to one child under five years old.	
Sunday	Pool Unavailable - 24th July to 11th September Normal Sunday opening: 18th September				*Women Only General Swim - for women and girls (boys 5 years and under) **Women Only General Swim - for women and girls (over 16 years old) ***Women Only Lane Swim for women and girls over 16 years. The pool will be split into two lanes. ^ Children's 121 swimming lessons may take place during this session.				

Additional women only sessions will run from Friday 5th August to Friday 2nd September. The pool will be unavailable on Sunday's until 18th September.