

Swimming Timetable - Spring 2024

Monday	Lane Swim 7:00 - 9:00	Disabled & Adult Only Swim 9:15 - 10:30	Parent & Toddler Class 10:45 - 11:30	Public Swim 12:00 - 13:15	Pool Unavailable School Swimming 13:25 - 15:00	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45	
Tuesday	Lane Swim 7:00 - 9:00	Women Only Swim * 9:15 - 10:00	Women Only Lane Swim *** 10:00 - 10:45	50+ Swim 11:00 - 12:00	Public Swim 12:15 - 13:15	Pool Unavailable School Swimming 13:25 - 15:00	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45	
Wednesday	Lane Swim 7:00 - 9:00	Parent & Toddler Class 9:30 - 10:15	Women Only Swim Lesson 10:30 - 11:00	Women Only Aqua Class 11:00 - 11:45	Public Swim 12:00 - 13:15	Pool Unavailable School Swimming 13:25 - 15:00	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45	
Thursday	Lane Swim 7:00 - 9:00	Parent & Toddler Class 9:30 - 10:15	Disabled & Adult Only Swim 10:45 - 12:00	Public Swim 12:15 - 13:15	Parent & Toddler Class 13:30 - 14:15	Pool Unavailable 14:15 - 15:00	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45
Friday	Lane Swim 7:00 - 9:00	Women Only Swim * 09:15 - 10:00	Women Only Swim ** 10:00 - 10:45	Women Only Parent & Toddler Class 10:45 - 11:30	Pool Unavailable 11:30 - 13:25	Pool Unavailable School Swimming 13:25 - 15:00	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45
Saturday	Lane Swim 7:00 - 8:55	Children's Swimming Lessons Pool Unavailable 9:00 - 16:00						Parent & Toddler Class 16:00 - 16:45	
Sunday	Disabled & Adult Only Swim 9:00 - 10:00	Family and Public Swim 10:00 - 12:00	Women Only Swim * 12:30 - 13:15	Women Only Swim ** 13:30 - 14:15					

*Women and girls (boys 5 years and under)
 **Women and girls (over 16 years old)
 ***Lane Swim with two lanes, for women and girls over 16 years.
 You must be able to swim lengths of the pool to attend this session.

One adult to one child under five years old.
 One adult to two children under 8 years old.
 Non-swimmers between the ages of 8-10 must be accompanied by an adult.

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