

Swimming Timetable

Day	7:00 - 9:00	9:15 - 10:30	10:45 - 11:30	12:00 - 13:15	13:25 - 15:00	15:00 - 15:55	16:00 - 19:00	19:00 - 19:45	20:00 - 20:45
Monday	Lane Swim	Disabled & Adult Only Swim	Parent & Toddler Class	Public Swim	Pool Unavailable	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim	^ Adult Men Only
Tuesday	Lane Swim	Women Only Swim *	Women Only Lane Swim ***	Public Swim	Pool Unavailable	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim	
Wednesday	Lane Swim	Parent & Toddler Class	Women Only Swim Lesson	Public Swim	Pool Unavailable	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim	
Thursday	Lane Swim	Parent & Toddler Class	Disabled & Adult Only Swim	Public Swim	Pool Unavailable	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim	
Friday	Lane Swim	Women Only Swim *	Women Only Swim **	Pool Unavailable	Pool Unavailable	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim	
Saturday	Lane Swim	Children's Swimming Lessons Pool Unavailable		Children's Swimming Lessons Pool Unavailable		Adults Only Swim	Parent & Toddler Class	Public Swim	
Sunday	Disabled & Adult Only Swim	Family and Public Swim	Women Only Swim *	Pool Unavailable	Pool Unavailable	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim	

*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

^ Adult Men Only session: Strictly over 18's only, for swimming up and down or gentle exercise in a calm and controlled environment.

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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