

Swimming Timetable 2026

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 13:30 - 14:30	Adults Only Swim 15:00 - 15:55	Pool Unavailable Children's Swimming Lessons 16:00 - 19:00	Public Swim 19:00 - 19:45	^ Adult Men Only 20:00 - 20:45
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 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
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 13:30 - 14:30	Adults Only Swim 15:00 - 15:55	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 - 8:50	Women Only Swim * 09:05 - 9:50	Women Only Swim ** 09:50 - 10:35	Women Only Aqua Class 10:45 - 11:30	Pool Unavailable 11:30 - 13:25	Pool Unavailable 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

^ 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.

Tel: 0114 270 2040



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Gym Timetable

Monday	7.00 am - 8.00 pm
Tuesday	7.00 am - 8.00 pm
Wednesday	7.00 am - 8.00 pm
Thursday	7.00 am - 8.00 pm
Friday	7.00 am - 8.00 pm
Saturday	7.00 am - 5.45 pm
Sunday	9.00 am - 2.30 pm

All gym users must complete an induction before using the gym. Please book at reception.

Prices January 2026

	Adult	Adult Discount Scheme	Child	Child Discount Scheme
Swimming	Pay as you go	£5.50	£3.90	£3.80
	Family swim 1 adult 1 child	£7.40	£5.20	£2.70
	Family swim add adult	£3.60	£2.50	
	Family swim add child			£2.60
	Aqua Fit	£6.30		£1.90
	Women Only Swim Lesson	£8.75		
	Parent and Toddler	£8.75		
	Children's swimming lessons	£52.50 for a block of 6 lessons		
	1 to 1 swimming lessons	£25.00 for 1 lesson or £90 block of 4 lessons		
	2 to 1 swimming lessons	£31.25 for 1 lesson or £110 block of 4 lessons		
Gym	Pay as you go Gym	£6.50	£5.00	£3.90
	Pay as you go Gym and Swim	£8.30	£6.20	£2.90
	No Joining fee. Induction Free			
Membership	Monthly Direct Debits			VALUE MONTHLY: 12 month fixed contract offering unlimited access to the gym and unlimited access to the pool during all non-instructed sessions.
	Value Monthly	£22.75		
	Gym and Pool 12 months			
	Value Monthly	£17.60		
	Gym OR Pool 12 months			
	Flexible Monthly	£26.95		FLEXIBLE MONTHLY: Rolling monthly contract, no tie in. Access to both the gym and pool during all public sessions during our usual opening times.
	Gym and Pool			
	Flexible Monthly	£22.85		
	Gym OR Pool			
	All memberships exclude Aqua, Women Only group swimming lesson and gym classes			
Pay upfront	Monthly gym OR pool	£27.00	3-Month gym OR pool	£77.50
	Monthly gym and pool	£32.75	3-Month gym and pool	£93.50
	Annual gym OR pool	£199.00	6-Month gym OR pool	£145.00
	Annual gym and pool	£260.00	6-Month gym and pool	£165.00
	Child Monthly Memberships*: Monthly Gym AND Pool: £15.00			
	Monthly Gym OR Pool : £10.00			

* Child Monthly for under 16s. Must be accompanied by paying adult and supervised in the gym at all times. Child gym 11 to under 16,