

# 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.

\*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.

Tel: 0114 270 2040

# 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
Pay as you go	£5.50	£3.90	£3.80	£2.70
Family swim 1 adult 1 child	£7.40	£5.20		
Family swim add adult	£3.60	£2.50		
Family swim add child			£2.60	£1.90
Aqua Fit	£6.30			
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			
<b>Gym</b>				
Pay as you go Gym	£6.50	£5.00	£3.90	£2.90
Pay as you go Gym and Swim	£8.30	£6.20	£7.10	£5.40
No Joining fee. Induction Free				
<b>Membership</b>				
<b>Monthly Direct Debits</b>				
Value Monthly	£22.75			
Gym and Pool 12 months				
Value Monthly	£17.60			
Gym OR Pool 12 months				
Flexible Monthly	£26.95			
Gym and Pool				
Flexible Monthly	£22.85			
Gym OR Pool				
All memberships exclude				
Aqua, Women Only group swimming lesson and gym classes				
<b>Pay upfront</b>				
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,