

SWIM TIMETABLE

Correct as of June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am – 9.30am Adults only	6.30am – 9.30am Adults only	6.30am – 9.30am Adults only	6.30am – 8.30am Adults only	6.30am – 9.30am Adults only	8.00am – 9.30am Adults only	8.00am – 9.30am Adults only
9.30am – 12.00pm Adults & children	9.30am – 12pm Adults & children	9.30am – 12pm Adults & children (10am – 12.00pm Jenny's Dolphins in part of the pool)	9.30am – 10.15am Aqua Aerobics with Anneli	9.30am – 12pm Adults & children (9.30am – 12.00pm Waterbabies swimming lessons in part of the pool)	9.30am – 12pm Adults & children	9.30am – 12pm Adults & children
12.00pm – 3.00pm Adults only	12.00pm – 3.00pm Adults only	12.00pm – 3.00pm Adults only	12.00pm – 3.00pm Adults only	12.00pm – 3.00pm Adults only	12.00pm – 3.00pm Adults only	12.00pm – 3.00pm Adults only
1.30pm – 2.15pm Aqua Aerobics with Anneli						
3.00pm – 6.30pm Adults & children	3.00pm – 6.30pm Adults & children (3pm-6pm Flippers Swim school swimming lessons in part of the pool)	3.00pm – 6.30pm Adults & children (3pm-6.30pm Flippers Swim school swimming lessons in part of the pool)	3.00pm – 6.30pm Adults & children (3pm-6.30pm Flippers Swim school swimming lessons in part of the pool)	3.00pm – 6.30pm Adults & children	3.00pm – 6.30pm Adults & children	3.00pm – 6.30pm Adults & children
6.30pm – 9.00pm Adults only	6.30pm – 9.00pm Adults only	6.30pm – 9.00pm Adults only	6.30pm – 9.00pm Adults only	6.30pm – 8.00pm Adults only	6.30pm – 8.00pm Adults only	6.30pm – 8.00pm Adults only

Please note that whilst aqua aerobics is taking place only class attendees can use the pool.
Pool facilities must be vacated 15 minutes before close time. This timetable is subject to change.