

Swimming Pool Timetable



	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday		Casual Swim 7.15-8.45		Swimming Lessons		Casual Swim 12.15-13.45				Swimming Lessons		Lane Swim 17.45-19.00	Swimming Lessons			
Tuesday		Casual Swim 7.15-8.45		Parent and Child 9.30-10.15		Casual Swim 12.15-13.45				Swimming Lessons		Lane Swim 18.00-19.00	Ladies Only Swim 19.00-19.40	Aqua Aerobics 19.45-20.45	Casual Swim 21.00-21.45	
Wednesday		Casual Swim 7.15-8.45		Swimming Lessons		Casual Swim 12.15-13.45				Swimming Lessons		Lane Swim 18.00-19.00				
Thursday		Casual Swim 7.15-8.45	Over 50's Casual Swim 9.00-10.00	Over 50's Swim Course 10.00-11.00		Casual Swim 12.15-13.45				Swimming Lessons		Family Swim 18.00-19.00	Aqua Aerobics 19.00-20.00	Lane Swim 20.00-21.00	Casual Swim 21.00-21.45	
Friday		Casual Swim 7.15-8.45				Casual Swim 12.15-13.45				Swimming Lessons						
Saturday		Lane Swim 8.00-9.00	Swimming Lessons			Birthday Parties 12.45-13.45		Family Swim 14.00-16.40								
Sunday		Lane Swim 8.00-9.00	Swimming Lessons			Birthday Parties 12.15-13.15	Casual Swim 13.15-14.00	Family Swim 14.00-16.40								

 Closed

Please note:

Casual and lane sessions are for ages 14+ only
 Children under the age of 12 must be accompanied by an adult throughout their visit.
 Children under the age of 8 must be supervised by a swimming adult at all times.

Swimming Ratio:

1 Parent: 2 Children under 4 yrs
 1 Parent: 3 Children 4-7 yrs