

## MAIN POOL TIMETABLE (excluding school holidays & special events)

	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
<b>Mon</b>		Club Session				Education **							Club Session				
		Masters				Public Swimming 50m (2m deep)							Public Swimming 50m (2m deep)			Lane Fit 50m (2m deep)	
<b>Tues</b>		Club Session				Public Swimming 50m		S&D/PS					Club Session				
						Public Swimming with Lane(s) 50m (2m deep)							Public Swimming 50m (2m deep)		H2O HIIT	Lane Fit 50m (2m deep)	
<b>Wed</b>		Club Session		Public Swimming	Staff Training Pool Closed			S&D/PS					Club Session				
				Public Swimming with Lane(s) 50m (2m deep)				Public Swimming 50m (2m deep)					Public Swimming 50m (2m deep)			Lane Fit 50m (2m deep)	
<b>Thurs</b>		Club Session						S&D/PS					Club Session				
		Masters				Public Swimming 50m (2m deep)							Public Swimming 50m (2m deep)			Lane Fit 50m (2m deep)	
<b>Fri</b>		Club Session						S&D/PS					Club Session				
		Masters				Public Swimming 50m (2m deep)		BOOM		Swim Lessons		BOOM	Public Swimming with Lane(s) *25m (0.93m)			Public Swimming with Lane(s) 50m (2m deep)	
						Public Swimming with Lane(s) 50m (2m deep)				Public Swimming 25m (1.25m deep)			Public Swimming with Lane(s) *25 metre (1.25m)			Public Swimming with Lane(s) 50m (2m deep)	
<b>Sat</b>		Club Session		Set Up	BOOM	Swim Lessons		Public Swimming 25m (0.93m deep)		Set Up			Public Swimming 25m (1.25m deep)			Club Session	Pool Closed
		Public Swimming with Lane(s) 50m				Public Swimming with Lane(s) 25m (2m deep)				Set Up		Aquarun	Set Up	Open Water (2m)		Club Session	Pool Closed
<b>Sun</b>		Pool Closed		BOOM	Club Session	Swim Lessons		Public Swimming 25m (0.93m deep)		Set Up			Public Swimming 25m (1.25m deep)			Club Session	Pool Closed
						Public Swimming with Lane(s) 25m (2m deep)				Set Up		Aquarun	Set Up	Open Water (2m)		Club Session	Pool Closed

## TEACHING POOL TIMETABLE (excluding school holidays & special events)

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00			
<b>Mon</b>	Pool Closed	Club Session	Pool Closed	Swim Lessons	Education**									Swim Lessons	Hydrospin	Hydrospin	Pool Closed		
														Public Swimming					
<b>Tues</b>		Pool Closed												Swim Lessons	Swim Lessons	Club Session	Pool Closed		
														Public Swimming					
<b>Wed</b>		Pool Closed		Staff Training Pool Closed										Swim Lessons	Hydrospin	Set Up	Aquafit*	Set Up	Club Session
														Public Swimming					
<b>Thurs</b>		Pool Closed		Aquafit*										Swim Lessons	Swim Lessons	Swim Lessons	Mini Polo	Club Session	Pool Closed
														Public Swimming					
<b>Fri</b>	Pool Closed	Club Session	Pool Closed	Aquafit*										Swim Lessons	Swim Lessons				Pool Closed
														Public Swimming					
<b>Sat</b>	Pool Closed		Swim Lessons											Public Swimming	Swim Lessons				Pool Closed
<b>Sun</b>	Pool Closed		Swim Lessons											Public Swimming	Swim Lessons				Pool Closed

Teaching Pool depth is either at 1.25m or 0.92m

## DIVING POOL TIMETABLE

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
<b>Mon</b>		Club Session		Set Up	Education**	Aquafit*	Swim Lessons									Club Session
		Public Swimming 25m				S&D/PS										Dive Lessons
<b>Tues</b>		Club Session	Dive Squad		Staff Training Pool Closed	Hydrospin	Education**	Set Up								Club Session
																Public Dive (1m Springboards Only)
<b>Wed</b>		Club Session	Dive Squad		Staff Training Pool Closed	Aquafit*	Swim Lessons	Set Up								Club Session
																Public Dive (1m Springboards Only)
<b>Thurs</b>		Club Session			Staff Training Pool Closed	Hydrospin	Education**	Buddy Swimming***	Set Up							Club Session
																Public Dive (1m Springboards Only)
<b>Fri</b>		Club Session	Dive Squad													Club Session
																Education**
<b>Sat</b>		Club Session		Set Up												Club Session
																Supervised Public Dive
<b>Sun</b>	Pool Closed			Set Up												Club Session
																Supervised Public Dive
																Public Dive (1m & 3m Springboards Only)
																Club Session
																Dive Lessons
																Pool Closed

Please note that this programme is subject to change. During peak times customers may be asked to wait to access the pool in order to ensure a safe and enjoyable environment for all.

**When the pool is set at 50m there is no shallow water for weak or non-swimmers.** \*Water depth suitable for weak or non-swimmers. This pool programme is likely to change during school holiday times. Please contact the venue or check the website for details.

### Adult to child ratio:

**Under 5** - One adult to one child with or without armbands or one adult to two children with armbands

**5 to 8 years old** - One adult to two children with or without armbands

**Mixed Ages** - One adult to one under 5 and one 5 to 8 years old if the under 5 is wearing armbands

### Key:

**S&D** - Skills and Drills **PS** - Power Swim **CLUB** - no public access

**BOOM** - The pool will be split into 2 x 25m pools by a moveable boom, swimming space will be disrupted during this set-up.

**Aquarun** - Fun inflatable session for those who can swim in 2m deep water

\*Pool is set to 1.25m during these classes.

\*\* When there are no schools lessons running this time will be open for public use

\*\*\*Volunteer led Ageing Well activity, providing support in the water for all older adults