

MAIN POOL HOLIDAY TIMETABLE

	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	
Mon		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Lane Fit 50m (2m deep)		
		Masters		Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)										
	Club				P/S (2m)		P/S with Lane(s) (2m)	SETUP	Aquarun	SETUP	Club							
Tues		Public Swimming with Lane(s) 50m (2m deep)		P/S (2m)	BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		H ₂ O HIIT	Lane Fit 50m (2m deep)			
		Club				Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)								
						Public Swimming (2m)			Public Swimming with Lane(s) (2m)			Club						
						Public Swimming with Lane(s) (2m)												
Wed		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp	Public Swimming (1.25m)*		BOOM	Public Swimming (2m)						
		Club		Public Swimming (2m)			Public Swimming with Lane(s) (1.25m)*					Public Swimming with Lane(s) 50m (2m deep)						
	Club				Public Swimming (2m)		SETUP		Aquarun			Club						
Thurs		P/with Lane(s) 50m (2m deep)		BOOM	BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		Lane Fit 50m (2m deep)				
		Masters				Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)								
	Club		Public Swimming (2m)			Public Swimming (2m)			Public Swimming with Lane(s) (2m)			Club						
						Public Swimming with Lane(s) (2m)												
Fri		Public Swimming with Lane(s) 50m (2m deep)				BOOM	P/S (1.25m)	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)					
		Masters		Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)										
	Club				Public Swimming (2m)		SETUP		Aquarun		SETUP		Club					
Sat		Public Swimming with Lane(s) 50m (2m deep)			BOOM	Public Swimming (1.25m)*						Pool Closed	Club	Pool Closed				
		Club				Public Swimming with Lane(s) (1.25m)*				Public Swimming (2m)								
						Public Swimming with Lane(s) (2m)			SETUP		Aquarun				SETUP		Open Water (2m)	
Sun	Pool Closed				BOOM	Public Swimming (1.25m)*						Pool Closed	Club	Pool Closed				
						Club		Public Swimming with Lane(s) (1.25m)*							Public Swimming (2m)			
						Public Swimming with Lane(s) (2m)			SETUP		Aquarun				SETUP		Open Water (2m)	
						Public Swimming with Lane(s) (2m)			SETUP									

Key:

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 Closed

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.

DIVING POOL HOLIDAY TIMETABLE

■ = Pool Closed

	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	
Mon		Club			SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1 & 3m boards only)	Aquatics Camp	Dive Squad			Club				
		Public Swimming 25m (5m Deep)																
Tues		Club	Dive Squad		SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1m only)	Aquatics Camp	Dive Squad			Club				
Wed		Club	Dive Squad		SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1 & 3m boards only)	Aquatics Camp	Dive Squad			Club				
Thurs		Club			SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1m only)	Aquatics Camp	Dive Squad			Public Dive (1 & 3m boards only)				
Fri		Club	Dive Squad		SETUP	Holiday Dive Camp		Supervised Public Dive	Dive Squad			Club						
Sat		Club			Pool Closed - Event								Club					
Sun	Pool Closed - Event											Club	Dive Squad					

TEACHING POOL HOLIDAY TIMETABLE

	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
Mon						Activator		Public Swimming (0.92m deep)						Hydrospin	Hydrospin		
Tues			Hydrospin			Activator		Public Swimming (0.92m deep)									
Wed						Activator		Public Swimming (0.92m deep)						Hydrospin	SETUP	Aquafit*	
Thurs			Hydrospin		Aquafit*	Activator		Public Swimming (0.92m deep)							Club		
Fri		Club			Aquafit*	Activator		Public Swimming (0.92m deep)									
Sat					Public Swimming (0.92m deep)												
Sun					Public Swimming (0.92m deep)												

*Water depth at these times is 1.25m

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

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.