

POOL TIMETABLE Monday 3rd August to Sunday 30th August 2026

Main Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	9:30am to 11:55am		1:15pm to 6:00pm	6:00pm to 8:15pm
TUESDAY	9:30am to 11:55am		1:15pm to 6:00pm	6:00pm to 8:15pm
WEDNESDAY	9:30am to 11:55am		1:15pm to 6:00pm	7:00pm to 8:15pm
THURSDAY	9:30am to 11:55am		1:15pm to 2:00pm 3:00pm to 6:00pm	6:00pm to 8:15pm
FRIDAY	9:30am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm (Autism Inclusive Session)
SATURDAY	9:00am to 4:15pm	9:00am to 4:15pm	9:00am to 4:15pm	
SUNDAY	9:00am to 4:15pm	9:00am to 4:15pm	9:00am to 4:15pm	

Learner Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:15pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
TUESDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:15pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
WEDNESDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:15pm to 6:00pm	7:00pm to 8:15pm 8:30pm to 9:30pm
THURSDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:15pm to 2:00pm 3:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
FRIDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:15pm to 6:00pm	6:00pm to 8:15pm (Autism Inclusive Session) 8:30pm to 9:30pm
SATURDAY	9:00am to 4:15pm	9:00am to 4:15pm	9:00am to 4:15pm	
SUNDAY	9:00am to 4:15pm	9:00am to 4:15pm	9:00am to 4:15pm	

- Please note sessions are rolling 15min sessions and numbers are limited.
- The Learner Pool will have a strict number limit however the Main Pool will have an area set at 0.8m.
- Children under 8 must be accompanied by a responsible person aged 16 or over.
- Friday 7:00pm to 8:30pm Autism Inclusive session for anyone with Additional Needs such as Autism, numbers are reduced and PA's will be kept to a minimum.

Lane Swimming Session Times

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
TUESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm	6:00pm to 7:00pm (Fast & Medium Lane Only)	8:30pm to 9:30pm
WEDNESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
THURSDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm	6:00pm to 7:00pm (Fast & Medium Lane Only)	8:30pm to 9:30pm
FRIDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
SATURDAY			4:30pm to 5:30pm	
SUNDAY			4:30pm to 5:30pm	

- Please note lane swimming sessions must be pre-booked in advanced.
- Lane swimming is only permitted to swimmers aged 12yrs+
- There will be 6 single lanes available for booking and the pool depth will be up to 1.8m;
 1. Recreational Swimming Lane
 2. Medium Swimming Lane – Suitable for anyone who can swim continuously
 3. Fast Swimming Lane - Suitable for anyone swimming 25 secs a length or less