

# POOL TIMETABLE Monday 5<sup>th</sup> January to Sunday 29<sup>th</sup> March 2026

## Main Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY				6:00pm to 8:15pm
TUESDAY				7:00pm to 8:15pm
WEDNESDAY				7:00pm to 8:15pm
THURSDAY				7:00pm to 8:15pm *Aquafit using 1/3 Pool at 7:00pm
FRIDAY				6:00pm to 8:15pm (Autism Inclusive Session)
SATURDAY			12:30pm to 5:30pm	
SUNDAY	10:00am to 5:30pm	10:00am to 5:30pm	10:00am to 5:30pm	

## Learner Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	9:00am to 10:00am	12:00pm to 12:55pm		6:00pm to 8:15pm 8:30pm to 9:30pm
TUESDAY	9:00am to 10:00am	12:00pm to 12:55pm		4:00pm to 8:15pm 8:30pm to 9:30pm
WEDNESDAY	8:30am to 9:30am	12:00pm to 12:55pm	2:30pm to 3:15pm	7:00pm to 8:15pm 8:30pm to 9:30pm
THURSDAY	8:30am to 9:30am	12:00pm to 12:55pm		6:00pm to 8:15pm 8:30pm to 9:30pm
FRIDAY	9:00am to 10:00am	12:00pm to 12:55pm		6:00pm to 8:15pm (Autism Inclusive Session) 8:30pm to 9:30pm
SATURDAY			2:00pm to 5:30pm (Pool at 1.2m 4:30pm to 5:30pm)	
SUNDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am to 5:30pm (Pool at 1.2m 4:30pm to 5:30pm)	

- 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	6:00pm to 7:00pm (Fast & Medium Lane Only)	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)	
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	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 (Fast & Medium Lane Only)	
SUNDAY	9:00am to 10:00am		4:30pm to 5:30pm (Fast & Medium Lane Only)	

- 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