

# POOL TIMETABLE

1<sup>st</sup> September – 31<sup>st</sup> December 2025

Subject  
To  
Change

## Public Session Times

All sessions 50 minutes, unless otherwise stated

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	Aqua Aerobics 10am		2 – 2.40pm	6pm
TUESDAY	10am	1pm	2 – 2.40pm	6pm
	11am			8 – 8.40pm
WEDNESDAY	10am	1pm	2 – 2.40pm <div>Reduced Capacity Inclusive Session</div>	Aqua Aerobics 8pm
	11am			
THURSDAY	10am	1pm	2 – 2.40pm	6pm
	11am			8 – 8.40pm
FRIDAY	Aqua Aerobics 10am	1pm		
	11am			
SATURDAY		1pm	2 – 2.40pm	

## Lane Swimming Times

All sessions 55 minutes, unless otherwise stated

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY				7pm
TUESDAY		12pm		Swim Fit 7pm
WEDNESDAY		12pm		
THURSDAY		12pm		7pm
FRIDAY		12pm		
SATURDAY			3 – 3.40pm	



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