

POOL TIMETABLE Monday 30th October to Sunday 5th November 2023

Main Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	9:30am to 12:00noon		1:00pm to 3:30pm	6:00pm to 8:15pm
TUESDAY	9:30am to 12:00noon		1:00pm to 3:30pm	6:00pm to 8:15pm
WEDNESDAY	9:30am to 12:00noon		1:00pm to 3:30pm	7:00pm to 8:15pm
THURSDAY	9:30am to 12:00noon		1:00pm to 2:00pm	6:00pm to 8:15pm
FRIDAY	9:30am to 12:00noon		1:00pm to 3:30pm	6:00pm to 8:15pm (Inclusive)
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 12:00noon	12:00pm to 1:00pm		6:00pm to 8:15pm 8:30pm to 9:30pm
TUESDAY	9:00am to 12:00noon	12:00pm to 1:00pm	1:00pm to 3:30pm	6:00pm to 8:15pm 8:30pm to 9:30pm
WEDNESDAY	9:00am to 12:00noon	12:00pm to 1:00pm		7:00pm to 8:15pm 8:30pm to 9:30pm
THURSDAY		12:00pm to 1:00pm	1:00pm to 2:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
FRIDAY	9:00am to 10:00am	12:00pm to 1:00pm	1:00pm to 3:30pm	6:00pm to 8:15pm (Inclusive) 8:30pm to 9:30pm
SATURDAY			2:00pm to 5:30pm	
SUNDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am 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 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 1:00pm		8:30pm to 9:30pm
TUESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 1:00pm	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 1:00pm		8:30pm to 9:30pm
THURSDAY	7:30am to 8:30am 8:30am to 9:30am	12:00pm to 1:00pm	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 1:00pm		8:30pm to 9:30pm
SATURDAY				
SUNDAY	9:00am to 10:00am			

- Please note lane swimming sessions must be pre-booked in advanced.
- Children under 8 must be accompanied by a responsible person aged 16 or over
- There will be 6 single lanes available for booking;
 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