

SCHOOL TERM 7am - 9.30pm		07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00
Monday						Adult Swim		Public Swimming		Aqua Fit Deep End Swimming				Public Swimming						Swimming Lessons				Slide* Public Swimming					Adult Swim	
Tuesday	Early Birds					Adult Swim		Public Swimming***		Aqua Fit**				Public Swimming***							Swimming Lessons				Slide* Public Swimming					
Wednesday	Early Birds					Adult Swim		Public Swimming		Aqua Fit				Public Swimming							Swim Lessons				Public Swimming				Adult Swim	
Thursday						Adult Swim		Aqua Fit Deep End Swimming						Public Swimming							Swimming Lessons				Fun Session				Adult Swim	
Friday	Early Birds					Adult Swim		Aqua Fit** Deep End Swimming						Public Swimming***										Party Hire				Fun Session		
Saturday								Swimming Lessons						Public Swimming							Party Hire									
Sunday						Adult Swim		Family Swim						Public Swimming														Party Hire		

SCHOOL HOLIDAYS 7am - 9.30pm		07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00
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Wednesday	Early Birds					Adult Swim		Family Swim Slide		Aqua Fit				Slide							Swim Lessons				Public Swimming				Adult Swim	
Thursday						Adult Swim		Aqua Fit						Slide							Swimming Lessons				Fun Session				Adult Swim	
Friday	Early Birds					Adult Swim		Aqua Fit**						Slide										Party Hire				Fun Session		
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Sunday						Adult Swim		Family Swim						Public Swimming														Party Hire		

□ Facility Unavailable

*** Pool closed for Swimming Lessons 9.30 - 11.45am Tuesdays and Fridays from 25 April - 17 July 2017 (term time only).

** This Aqua Fit session moves to 12.15pm from 25 April - 17 July 2017.

* Please note these slide sessions run on the half hour for 15 minutes.

Bank holidays hours are 9am - 3pm.



Book your lessons NOW!

Free Swimming
For all adults and children attending swimming lessons.

Terms and conditions apply. Please ask at reception for further details.

CHILD ADMISSION POLICY

All children under the age of 8 years must be supervised at all times by an adult in the water with them.

This policy has been devised to meet guidance issued by *The Institute of Sport and Recreation Management*. By following the adult to child ratios provided, you are helping to keep our pools a safer place.

- One adult: one under 4 years
- One adult: two 4-7 years

Further details about the admissions policy and advice on bringing young children swimming can be found in our safe swimming for children leaflet.



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