



Pool Timetable

APRIL - AUGUST 08 EXCLUDING HOLIDAY PERIODS

Monday

7.00 - 9.00	Lane Swimming
9.00 - 10.00	50+ Swimming
10.00 - 12.00	General Public
12.00 - 2.00	Lane Swimming
2.00 - 3.00	Aqua Fit Natal
3.00 - 6.00	General Public
6.00 - 7.00	Aqua Fit Natal
9.00 - 10.00	Lane Swimming

Tuesday

7.00 - 9.00	Lane Swimming
9.00 - 10.00	50+ Swimming
10.00 - 12.00	General Public
12.00 - 2.00	Lane Swimming
2.00 - 3.00	50+Swimming
3.00 - 8.00	General Public
8.00 - 9.00	Mixed Aqua Fit
9.00 - 10.00	Lane Swimming

Wednesday

7.00 - 9.00	Lane Swimming
9.00 - 10.00	50+ Swimming
10.00 - 12.00	General Public
12.00 - 2.00	Lane Swimming
2.00 - 3.00	50+ Swimming
3.00 - 4.00	General Public
8.00 - 9.00	Family Lanes
9.00 - 10.00	Lane Swimming

Thursday

7.00 - 9.00	Lane Swimming
9.00 - 10.00	50+ Swimming
10.00 - 12.00	General Public
12.00 - 2.00	Lane Swimming
2.00 - 3.00	50+ Swimming
3.00 - 8.00	General Public
8.00 - 9.00	Mixed Aqua Fit
9.00 - 10.00	Lane Swimming

Friday

7.00 - 9.00	Lane Swimming
9.00 - 10.00	50+ Swimming
10.00 - 12.00	General Public
12.00 - 2.00	Lane Swimming
2.00 - 3.00	50+ Swimming
3.00 - 9.00	General Public
9.00 - 10.00	Lane Swimming

Saturday

10.00 - 12.00	Wet & Wild
12.00 - 7.00*	General Public
7.00 - 9.00	Private Hire

Sunday

10.00 - 7.00	General Public
7.00 - 9.00	Private Hire

Teaching Pool

Monday

9.00 - 10.00	50+ Swimming
10.00 - 11.00	Parent & Toddler
11.00 - 12.00	General Public
2.00 - 3.00	General Public
7.30 - 9.00	General Public

Tuesday

9.15 - 10.15	Classic Aqua Fit
10.15 - 11.15	Mixed Aqua Fit
11.15 - 3.00	General Public
7.00 - 9.00	General Public

Wednesday

9.00 - 10.00	50+ Swimming
10.00 - 11.00	Parent & Toddler
11.00 - 12.30	General Public
1.30 - 4.00	General Public
7.00 - 9.00	General Public

Thursday

9.15 - 10.15	Classic Aqua Fit
10.15 - 11.15	Mixed Aqua Fit
11.15 - 4.00	General Public
7.00 - 9.00	General Public

Friday

9.00 - 10.00	50+ Swimming
10.00 - 11.00	Parent & Toddler
2.00 - 4.00	General Public
7.00 - 9.00	General Public

Saturday

10.00 - 12.00	Wet & Wild
12.00 - 7.00*	General Public

Sunday

10.00 - 7.00	General Public
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*Early closing on some weekends. Private hires available. Please enquire.

Swimming Sessions

- Lane Swimming
- Family Lanes
- Aqua Fit Natal
- Mixed Aqua Fit
- Classic Aqua Fit
- Parents & Toddler
- Wet & Wild
- 50+
- Private Hire

- Lane Swimming, 16yrs+.
- Lane Swimming, 8yrs+.
- Fun exercise for mothers to be - sessions run by midwives.
- Exercise in the water to music.
- Gentle exercise in the water with music.
- An instructor led introduction to the water.
- Family fun session, rings available.
- A social general swimming session.
- Exclusive use of the pool and features for you and your group.

Swimming Fees

Value Family Swim*	£15.50
Adult Swim	£4.60
Concessionary Swim**	£3.40
Under 3yrs	Free
Disabled carer	Free
Parents & Toddler	£3.40
Lane Swimming	£3.05
Aqua Fit	£4.25
Aqua Natal	£3.25
50+ Swim	£2.60
Spa	£5.80



Holiday Timetable

- 07/4/08 - 20/4/08
- 26/5/08 - 1/7/08
- 24/7/08 - 2/9/08

For Holiday times see the web

Please note a bather admission policy exists. See the web. Children under 8 years must be accompanied by an adult on a 2:1 basis. First time visitors are advised to read our pool information leaflet.

* 2 Adults + 2/3 Juniors or 1 Adult + 4 Juniors

** Concessionary includes: Junior, Senior Citizen, Disabled, Student, Job Seekers.