

MONDAY	7.00am -10.00am ADULT MEMBERS ONLY	10.00am - 12.30pm MEMBERS ONLY	12.45pm - 1.30pm AQUA FIT	2.00pm - 4.00pm LEISURE SWIMMING	4.00pm - 6.30pm SWIMMING LESSONS		7.00pm - 9.45pm ADULT MEMBERS ONLY			
TUESDAY	7.00am -10.00am ADULT MEMBERS ONLY	10.00am - 12noon PRE SCHOOL LESSONS	12noon - 1.00pm MEMBERS ONLY	1.00pm -4.00pm LEISURE SWIMMING	4.00pm - 6.30pm MEMBERS ONLY	6.45pm - 7.30pm AQUAFIT	8.00pm - 9.45pm ADULT MEMBERS ONLY			
WEDNESDAY	7.00am -10.00am ADULT MEMBERS ONLY	10.00am - 1.00pm MEMBERS ONLY	1.00pm - 2.00pm LEISURE SWIMMING	2.00pm- 2.45pm AQUA FIT	3.15pm- 4.00pm LEISURE SWIMMING	4.00pm - 6.30pm SWIMMING LESSONS		7.00pm - 9.45pm ADULT MEMBERS ONLY		
THURSDAY	7.00am -10.00am ADULT MEMBERS ONLY	10.00am - 12.15pm MEMBERS ONLY	12.30pm- 1.15pm AQUA FIT	1.45pm - 4.00pm LEISURE SWIMMING	4.00pm - 6.30pm SWIMMING LESSONS		7.00pm- 7.45pm ADULT MEMBERS	8.00pm - 8.45pm AQUAFIT	9.15pm - 10.00pm ADULTS ONLY	
FRIDAY	7.00am -10.00am ADULT MEMBERS ONLY	10.00am - 1.00pm MEMBERS ONLY	1.00pm - 4.00pm LEISURE SWIMMING		4.00pm - 6.30pm SWIMMING LESSONS		7.00pm - 9.45pm ADULT MEMBERS ONLY			
SATURDAY	9.00am - 12noon SWIMMING LESSONS		12.30pm - 8.00pm LEISURE SWIMMING							
SUNDAY	9.00am - 10.00am ADULT MEMBERS	10.00am - 1.00pm MEMBERS ONLY	1.00pm - 7.00pm LEISURE SWIMMING							

- A parent or responsible adult **MUST** accompany all children under the age of 16 years.
- Non-members may use the pool during the 'Leisure Swimming' sessions. *Adults £5.00- Children under 16years £3.00.*
- 'Adult' sessions are for swimming only.
- Environmental Health insists that there is **NO RUNNING, DIVING OR JUMPING** – you may be seriously injured.

- **Occasionally the pool is closed for private bookings. Please check the notice board or telephone to avoid disappointment.**
- **All times are subject to change without notice.**