

MON	TUE	WED	THU	FRI	SAT	SUN
06:00 - 07:00 Lane Swim	06:00 - 07:00 Lane Swim	06:00 - 07:00 Lane Swim	06:00 - 07:00 Lane Swim	06:00 - 07:00 Lane Swim	07:00 - 08:00 Lane Swim	07:00 - 08:00 Lane Swim
07:00 - 08:00 Lane Swim	07:00 - 08:00 Lane Swim	07:00 - 08:00 Lane Swim	07:00 - 08:00 Lane Swim	07:00 - 08:00 Lane Swim	08:00 - 09:00 Lane Swim	08:00 - 09:00 Lane Swim
08:00 - 08:45 Lane Swim	08:00 - 09:00 Lane Swim	08:00 - 08:45 Lane Swim	08:00 - 09:00 Lane Swim	08:00 - 09:00 Lane Swim	09:00 - 10:30 Family Swim	09:00 - 10:30 Family Swim
09:00 - 10:00 Aqua Aerobics	09:00 - 10:30 Family Swim	09:00 - 10:00 Aqua Aerobics	09:00 - 10:00 SEND Public Swim	09:00 - 10:30 £3 Family Swim	10:30 - 12:00 Family Swim	10:30 - 12:00 Family Swim
09:00 - 10:00 Learner Pool	10:30 - 12:00 Family Swim	09:00 - 10:00 Learner Pool	10:00 - 11:00 Family Swim	10:30 - 12:00 £3 Family Swim	12:00 - 13:30 Family Swim	12:00 - 13:30 Family Swim
10:00 - 11:00 Family Swim	12:00 - 13:30 Family Swim	10:00 - 11:00 Family Swim	11:00 - 12:00 Family Swim	12:00 - 13:30 £3 Family Swim	13:30 - 15:00 Family Swim	13:30 - 15:00 Family Swim
11:00 - 12:00 Family Swim	13:30 - 15:00 Family Swim	11:00 - 12:00 Family Swim	12:00 - 13:30 Family Swim	13:30 - 15:00 £3 Family Swim	15:00 - 16:00 Family Swim	15:00 - 16:00 Family Swim
12:00 - 13:30 Family Swim	15:00 - 16:30 Family Swim	12:00 - 13:30 Family Swim	13:30 - 15:00 Family Swim	15:00 - 16:30 £3 Family Swim	16:00 - 17:00 SEND Family Swim	16:00 - 17:00 Family Swim
13:30 - 15:00 Family Swim	16:30 - 18:00 Family Swim	14:00 - 16:00 Double Trouble Inflatable Session	15:00 - 16:30 Family Swim	16:30 - 18:00 £3 Family Swim	SWIMMING POOL TIMETABLE MON 17TH - SUN 23RD AUG 2026	
15:00 - 16:30 Family Swim	18:00 - 19:45 Public Swim	16:30 - 18:00 Family Swim	16:30 - 18:00 Family Swim	18:00 - 19:00 £3 Family Swim		
16:30 - 18:00 Family Swim	20:00 - 21:00 Lane Swim	18:00 - 19:30 Public Swim	18:00 - 19:45 Public Swim	19:00 - 21:00 Public Swim		
18:00 - 20:00 Public Swim		19:30 - 21:30 Lane Swim	20:00 - 21:00 Aqua Aerobics	21:00 - 22:00 Adults Only Swim		
			20:00 - 21:00 Swim to Music			

BOOK SESSIONS ON OUR WEBSITE OR OUR APP

To make sure you don't miss out, we recommend booking all sessions online or via our app. Members can book up to 9 days in advance, non-members up to 7 days. Even if you're a member, don't forget to book your spot!

APP



WEBSITE



Lane Swim

Up to 6 lanes available, allowing to choose the lane for your pace.

Public Swim

The whole main pool available including up to 3 lanes. Learner pool not included.

Family Swim

All areas of the pool open, including learner pool. Up to 3 lanes available.

Learner Pool

Learner pool only.

SEND Swim

Reduced capacity session for people with SEND and their families, carers, and friends.

Aqua Aerobics

A class with cardio, strength, and flexibility exercises, often set to music.

Swim to Music

Lanes in deep water only, alongside the aqua class, with music playing.

Adults Only

Up to 3 lanes and the rest of the main pool, for adults only.

£3 Friday Swim

Family swim for just £3 per person. This session fills up quickly, so book early!

Double Trouble Inflatable

Inflatable assault course in the main pool. No lanes during this session. Leisure area and learner pool available. Ages 5+ on the inflatable.

You can find our Child Admission Policy on our website under 'Swimming'

