

main pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	07:00-09:00 Lane Swim	07:00-09:00 Lane Swim		09:00-10:15 Time banded public swim
09:00-12:00 Public Swim	09:00-12:00 Public Swim (Half Pool)	09:00-12:00 Public Swim	09:00-12:00 Public Swim	9:00-12:00 Public Swim (Half Pool)		10:15-11:30 Time banded public swim
10:00-12:00 £2 Swim Over 60's		10:00-12:00 £2 Swim Over 60's				11:30-12:45 Time banded public swim
12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:00-13:00 Lane Swim	12:45-14:00 Time banded public swim	12:45-14:00 Time banded public swim
13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	14:15-15:30 Time banded public swim*	14:15-15:30 Time banded public swim*
19:00-20:00 Public Swim (Half Pool)			17:00-19:00 £2 Swim Under 16's			
19:20-20:00 Club (Half pool)	19:15-20:00 Aqua Fit	19:00-20:00 Adults Only	19:15-20:00 Aqua Fit*	19:00-20:00 Adults Only		
20:00-21:00 Adults Only	20:00-21:00 Calm Waters	20:00-21:00 Adults Only		20:00-21:00 Calm Waters		
			20:00-21:00 Adults Only			

leisure pool

*Subject to change based on private party bookings..
* Aqua Fit Starts 10/07/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-20:00 Public Swim	10:00-20:00 Public Swim	10:00-20:00 Public Swim	10:00-20:00 Public Swim	10:00-20:00 Public Swim	09:00-10:15 Time banded public swim	09:00-10:15 Time banded public swim
					10:15-11:30 Time banded public swim	10:15-11:30 Time banded public swim
			17:00-19:00 £2.00 Swim U16's		11:30-12:45 Time banded public swim	11:30-12:45 Time banded public swim
17:00-19:30 Flume*	17:00-19:30 Flume*	17:00-19:30 Flume*	17:00-19:30 Flume*	17:00-19:30 Flume*	12:45-14:00 Time banded public swim	12:45-14:00 Time banded public swim
					14:15-15:30* Time banded public swim	14:15-15:30* Time banded public swim

* Subject to change based on availability and private party bookings.

Weekend flume parties are available please speak to reception or call 0151 330 3301.