

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
09:00-10:00 Public Swim	09:00-10:00 Public Swim	09:00-10:00 Public Swim	09:00-10:00 Public Swim	9:00-10:00 Public Swim		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	10:00-11:15 Be Active Swim			11:30-12:45 Time banded public swim
10:00-11:15 Be Active Swim	10:00-11:15 Be Active Swim	10:00-11:15 Be Active Swim	11:30-12:45 Be Active Swim	10:00-11:15 Be Active Swim	12:45-14:00 Time banded public swim	12:45-14:00 Time banded public swim
11:30-12:45 Be Active Swim	11:30-12:45 Be Active Swim	11:30-12:45 Be Active Swim	13:00-14:15 Be Active Swim	11:30-12:45 Be Active Swim	14:15-15:30 Time banded public swim*	14:15-15:30 Time banded public swim*
13:00-14:15 Be Active Swim	13:00-14:15 Be Active Swim	13:00-14:15 Be Active Swim	14:30-15:45 Be Active Swim	13:00-14:15 Be Active Swim		
14:30-15:45 Be Active Swim	14:30-15:45 Be Active Swim	14:30-15:45 Be Active Swim	16:00-19:00 Public Swim	14:30-15:45 Be Active Swim		
16:00-19:00 Public Swim	16:00-19:00 Public Swim	16:00-19:00 Public Swim	17:00-19:00 £2 Swim Under 16's	16:00-19:00 Public Swim		
	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 Adults Only	20:00-21:00 Calm Waters		

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
12:00-19:30 Flume*	12:00-19:30 Flume*	12:00-19:30 Flume*	12:00-19:30 Flume*	12:00-19:30 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.