

POOL TIMETABLE 5th September to 11th December 2022

Main Pool & Learner Pool **Public Swimming**

| DAY | MORNING | LUNCHTIME | AFTERNOON | EVENING |
|-----------|--|---------------------|--------------------|---|
| MONDAY | 8:00am to 10:00am** | 12:00pm to 1:00pm** | | 3:30pm to 7:00pm** 7:00pm to 8:15pm 8:30pm to 9:30pm** |
| TUESDAY | 8:00am to 10:00am** | 12:00pm to 1:00pm** | | 5:30pm to 7:00pm** 7:00pm to 8:15pm 8:30pm to 9:30pm** |
| WEDNESDAY | 8:00am to 9:00am** | 12:00pm to 1:00pm** | | 7:00pm to 7:45pm 7:45pm to 8:15pm 8:30pm to 9:30pm** |
| THURSDAY | 8:00am to 10:00am** | 12:00pm to 1:00pm** | 3:00pm to 6:00pm** | 6:00pm to 7:00pm** 7:00pm to 8:15pm 8:30pm to 9:30pm** |
| FRIDAY | 8:00am to 10:00am** | 12:00pm to 1:00pm** | | 6:00pm to 7:00pm** 7:00pm to 8:15pm (Inclusive) 8:30pm to 9:30pm** |
| SATURDAY | | | 1:30pm to 5:30pm | |
| SUNDAY | 9:00am to 10:00am** 10:00am to 5:30pm | 10:00am to 5:30pm | 10:00am to 5:30pm | |

- Please note sessions are rolling 15min sessions and numbers are limited.
- The Learner Pool will have a strict number limit however the Main Pool will have an area set at 0.8m.
- No lane swimming will be available during Public Swimming Sessions.
- Children under 8 must be accompanied by a responsible person aged 16 or over.
- Friday 7:00pm to 8:30pm Inclusive session for anyone with Additional Needs such as Autism, numbers are reduced and PA's will be kept to a minimum.

** Learner Pool Only Available

Lane Swimming **Session Times**

| DAY | MORNING | LUNCHTIME | AFTERNOON | EVENING |
|-----------|--|-------------------|-----------|--------------------------------------|
| MONDAY | 6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am | 12:00pm to 1:00pm | | 6:00pm to 7:00pm 8:30pm to 9:30pm |
| TUESDAY | 6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am | 12:00pm to 1:00pm | | 6:00pm to 7:00pm |
| WEDNESDAY | 6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am | 12:00pm to 1:00pm | | 8:30pm to 9:30pm |
| THURSDAY | 7:30am to 8:30am 8:30am to 9:30am | 12:00pm to 1:00pm | | 6:00pm to 7:00pm 8:30pm to 9:30pm |
| FRIDAY | 6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am | 12:00pm to 1:00pm | | 6:00pm to 7:00pm 8:30pm to 9:30pm |
| SATURDAY | | | | |
| SUNDAY | 9:00am to 10:00am | | | |

- Please note lane swimming sessions must be pre-booked in advanced.
- Children under 8 must be accompanied by a responsible person aged 16 or over
- There will be 6 single lanes available for booking;
 1. Recreational Swimming Lane
 2. Medium Swimming Lane – Suitable for anyone who can swim continuously
 3. Fast Swimming Lane - Suitable for anyone swimming 25 secs a length or less