

Pool Programme Subject to Changes at Mangement Discretion

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun					
20M Pool												
6.30-7.00	Lessons	Lessons	Lessons	Lessons	Lessons			6.30-7.00				
7 - 7.30						7.30 - 8	8 - 8.30	8.30 - 9	9 - 9.30	9.30 - 10	10 - 10.30	7 - 7.30
7.30 - 8						8 - 8.30	8.30 - 9	9 - 9.30	9.30 - 10	10 - 10.30	10.30 - 11	7.30 - 8
8 - 8.30						8.30 - 9	9 - 9.30	9.30 - 10	10 - 10.30	10.30 - 11	11 - 11.30	8 - 8.30
8.30 - 9						9 - 9.30	9.30 - 10	10 - 10.30	10.30 - 11	11 - 11.30	11.30 - 12	8.30 - 9
9 - 9.30						9.30 - 10	10 - 10.30	10.30 - 11	11 - 11.30	11.30 - 12	12 - 12.30	9 - 9.30
9.30 - 10						10 - 10.30	10.30 - 11	11 - 11.30	11.30 - 12	12 - 12.30	12.30 - 13	9.30 - 10
10 - 10.30						10.30 - 11	11 - 11.30	11.30 - 12	12 - 12.30	12.30 - 13	13 - 13.30	10 - 10.30
10.30 - 11						11 - 11.30	11.30 - 12	12 - 12.30	12.30 - 13	13 - 13.30	13.30 - 14	10.30 - 11
11 - 11.30						11.30 - 12	12 - 12.30	12.30 - 13	13 - 13.30	13.30 - 14	14 - 14.30	11 - 11.30
11.30 - 12	Adult Swim/Disability & Additional needs.							11.30 - 12				
12 - 12.30								12 - 12.30				
12.30 - 13								12.30 - 13				
13 - 13.30	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim			13 - 13.30				
13.30 - 14	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim			13.30 - 14				
14 - 14.30			Good Boost		Good Boost	Leisure Swim	Leisure Swim	14 - 14.30				
14.30 - 15						Leisure Swim	Leisure Swim	14.30 - 15				
15 - 15.30	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim			15 - 15.30				
15.30 - 16	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim			15.30 - 16				
16 - 16.30						Leisure Swim	Lessons	16 - 16.30				
16.30 - 17								16.30 - 17				
17 - 17.30	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim			17 - 17.30				
17.30 - 18	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim			17.30 - 18				
18 - 18.30								18 - 18.30				
18.30 - 19								18.30 - 19				
19 - 19.30	Clubs	Clubs	Leisure Swim	Clubs	Clubs	SEND Swim	Clubs	19 - 19.30				
19.30 - 20			Leisure Swim	Ladies only				19.30 - 20				
20 - 20.30			20 - 20.30	20.30 - 21								
20.30 - 21			20.30 - 21	21.00-21.30								
21.00-21.30	Pool Closed							21.00-21.30				
21.30-22.00	Pool Closed							21.30-22.00				

Admittance Policy

The 20m Pool is for all families. Any children under the age of 8 years old must be accompanied by an adult. One adult per two children. If two under 5's are with one adult at least one child needs to have some kind of flotation equipment. (vest,ring etc)

The responsible person must be in water and fully supervise the child or children at all times during the vist to the facility.

Pool Safety Information

In the interest of hygiene we ask all customers to shower prior to swimming.

You are requested not to swim for 14 days following sickness or diarrhoea.

Due to depth of the main pool all swimmers must be able to swim 25m.

Inform a lifeguard if you have any medical conditions.

Listen out for lifeguard instructions and emergency alarms.

Babies and Toddlers must wear protective nappies in the water, these are available to purchase from reception.

Pool Temperatures

Main pool/Fun Pool End/Diving End - 28.5 °C

20M Pool - 30°C

Under 8's Pirate Pool - Between 29°C and 31°C