



Monday

Tuesday

Wednesday

Thursday

06:45 – 07:30 Lane Swim  
 07:30 – 09:00 General Swim  
 12:00 – 13:00 General Swim  
 14:45 – 15:30 Aqua Aerobics  
 18:30 – 19:15 Junior Tri BB  
 19:15 – 20:00 Lane Swim  
 20:00 – 21:00 Adult General Swim

06:45 – 07:30 Lane Swim  
 07:30 – 09:00 General Swim  
 11:15 – 12:00 Aqua Aerobics  
 12:00 – 13:00 General Swim  
 14:30 – 15:30 Over 60's Swim  
 18:15 – 19:10 General Swim  
 19:15 – 20:00 Aqua Aerobics  
 20:00 – 21:00 Lane Swim  
 21:00 – 22:00 Tri BB Swim

06:45 – 07:30 Lane Swim  
 07:30 – 09:00 General Swim  
 12:00 – 13:00 General Swim  
 18:15 – 19:15 General Swim  
 19:15 – 20:00 Lane Swim  
 20:00 – 21:00 Adult General Swim

06:30 – 07:30 Tri BB Swim  
 07:30 – 09:00 General Swim  
 11:15 – 12:00 Aqua Aerobics  
 12:00 – 13:00 General Swim  
 18:30 – 19:15 General Swim  
 19:15 – 20:00 Lane Swim  
 20:00 – 21:00 Adult Swim2Music

Friday

Saturday

Sunday

06:45 – 07:30 Lane Swim  
 07:30 – 09:00 Swim2Music  
 12:00 – 13:00 General Swim  
 18:15 – 19:15 General Swim  
 19:15 – 20:00 Lane Swim  
 20:00 – 21:00 Ladies Only Swim

07:00 – 08:00 General Swim  
 13:30 – 14:15 Family Fun Swim  
 14:15 – 15:00 Family Fun Swim  
 17:30 – 18:30 Tri BB Swim

07:00 – 08:00 General Swim  
 11:30 – 12:15 Family Fun Swim  
 12:15 – 13:00 Family Fun Swim  
 13:15 – 14:15 Party Booking  
 14:30 – 15:30 Party Booking

**Under 8's must be accompanied by an adult, to the ratio of 1 adult per 2 children.**

**All sessions can be booked 7 days in advance and can be done via the website or by contacting our reception team on 0113 256 0949.**

**It is advisable that all fun swims are booked in advance.**

