

Saturday 2nd September - Friday 20th October, 2017

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	
Monday	SwimFit	Young at Heart	Aqua Fit	Young at Heart		Adult Lanes	Pool Maintenance	SWIMMING LESSONS			Public Swim	Adult Lanes	Swim Clinic	Closed at 10.00PM			
Tuesday	SwimFit		Aqua Fit	Public Swim		Adult Lanes	Parent & Toddler Swim	Adult Lessons	SWIMMING LESSONS			Public Swim	Ladies Only Swim				
Wednesday	SwimFit		Maintenance		Public Swim		Adult Lanes	Staff Training		SWIMMING LESSONS		Aqua Fit	Adult Lessons				
Thursday	SwimFit	Young at Heart	Aqua Fit	Young at Heart		Adult Lanes	Parent & Toddler Swim		SWIMMING LESSONS		Public Swim	Staff Training & Duathlon	Adult Lanes				
Friday	SwimFit	Private Lessons	Aqua Fit	Parent & Toddler Swim	Pre - School Lessons	Adult Lanes	Parent & Toddler Swim Lessons		SWIMMING LESSONS		Mc-Splash Swimming Club						
Saturday		Adult Lessons	SWIMMING LESSONS			Private Lesson	Public Swim										
Sunday		Adult Lanes	Public Swim	*Family Swim	*Family Swim	Pool Parties/Hire	Public Swim										
	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	15 30 45 0	
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* Due to popularity the family swim session is operated as two separate 45 minute sessions (10.00 - 10.45 / 11.00 - 11.45)*

Please contact pool reception for pool hire details

FREE PARKING* *FACILITIES FOR THE DISABLED AVAILABLE INCL. POOL HOIST FOR ACCESS

The management reserves the right to alter the programme when necessary
Please note last admission will be 30 minutes before the end of the session

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