

# POOL TIMETABLE Monday 1<sup>st</sup> July to Sunday 28<sup>th</sup> July 2024

## Main Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	11:00am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm *AquaFit using 1/3 Pool at 7:00pm
TUESDAY	11:00am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm
WEDNESDAY	11:00am to 11:55am		1:00pm to 6:00pm	7:00pm to 8:15pm
THURSDAY	11:00am to 11:55am		1:00pm to 2:00pm 3:00pm to 6:00pm	6:00pm to 8:15pm *AquaFit using 1/3 Pool at 7:00pm
FRIDAY	11:00am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm (Autism Inclusive Session)
SATURDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am to 5:30pm (Pool at 1.8m 4:30pm to 5:30pm)	
SUNDAY	10:00am to 5:30pm	10:00am to 5:30pm	10:00am to 5:30pm (Pool at 1.8m 4:30pm to 5:30pm)	

## Learner Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	11:00am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
TUESDAY	11:00am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
WEDNESDAY	11:00am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	7:00pm to 8:15pm 8:30pm to 9:30pm
THURSDAY	11:00am to 11:55am	12:00pm to 12:55pm	1:00pm to 2:00pm 3:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
FRIDAY	11:00am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	6:00pm to 8:15pm (Autism Inclusive Session) 8:30pm to 9:30pm
SATURDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am to 5:30pm	
SUNDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am 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.
- Children under 8 must be accompanied by a responsible person aged 16 or over.
- Friday 7:00pm to 8:30pm Autism Inclusive session for anyone with Additional Needs such as Autism, numbers are reduced and PA's will be kept to a minimum.

## 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 12:55pm		8:30pm to 9:30pm
TUESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm	6:00pm to 7:00pm (Fast & Medium Lane Only)	
WEDNESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
THURSDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm	6:00pm to 7:00pm (Fast & Medium Lane Only)	8:30pm to 9:30pm
FRIDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
SATURDAY			4:30pm to 5:30pm (Fast & Medium Lane Only)	
SUNDAY	9:00am to 10:00am		4:30pm to 5:30pm (Fast & Medium Lane Only)	

- Please note lane swimming sessions must be pre-booked in advanced.
- Lane swimming is only permitted to swimmers aged 12yrs+
- There will be 6 single lanes available for booking and the pool depth will be up to 1.8m;
  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

# POOL TIMETABLE Monday 29<sup>th</sup> July to Sunday 1<sup>st</sup> September 2024

## Main Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	9:30am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm *AquaFit using 1/3 Pool at 7:00pm
TUESDAY	9:30am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm
WEDNESDAY	9:30am to 11:55am		1:00pm to 6:00pm	7:00pm to 8:15pm
THURSDAY	9:30am to 11:55am		1:00pm to 2:00pm 3:00pm to 6:00pm	6:00pm to 8:15pm *AquaFit using 1/3 Pool at 7:00pm
FRIDAY	9:30am to 11:55am		1:00pm to 6:00pm	6:00pm to 8:15pm (Autism Inclusive Session)
SATURDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am to 5:30pm (Pool at 1.8m 4:30pm to 5:30pm)	
SUNDAY	10:00am to 5:30pm	10:00am to 5:30pm	10:00am to 5:30pm (Pool at 1.8m 4:30pm to 5:30pm)	

## Learner Pool Public Swimming

DAY	MORNING	LUNCHTIME	AFTERNOON	EVENING
MONDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
TUESDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
WEDNESDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	7:00pm to 8:15pm 8:30pm to 9:30pm
THURSDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:00pm to 2:00pm 3:00pm to 6:00pm	6:00pm to 8:15pm 8:30pm to 9:30pm
FRIDAY	8:30am to 11:55am	12:00pm to 12:55pm	1:00pm to 6:00pm	6:00pm to 8:15pm (Autism Inclusive Session) 8:30pm to 9:30pm
SATURDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am to 5:30pm	
SUNDAY	9:00am to 5:30pm	9:00am to 5:30pm	9:00am to 5:30pm	

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## 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 12:55pm		8:30pm to 9:30pm
TUESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm	6:00pm to 7:00pm (Fast & Medium Lane Only)	
WEDNESDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
THURSDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm	6:00pm to 7:00pm (Fast & Medium Lane Only)	8:30pm to 9:30pm
FRIDAY	6:30am to 7:30am 7:30am to 8:30am 8:30am to 9:30am	12:00pm to 12:55pm		8:30pm to 9:30pm
SATURDAY			4:30pm to 5:30pm (Fast & Medium Lane Only)	
SUNDAY	9:00am to 10:00am		4:30pm to 5:30pm (Fast & Medium Lane Only)	

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