

SWIMMING POOL TIMETABLE - APRIL TO MAY

	06.30 - 08.30	08.30-12.00			12.00-14.00	14.00-17.30		17.30-19.00	19.00-21.00		
Monday	Members Swimming	Members Swimming			Lunchtime Swim	Junior Lessons (15.15-17.15)		Adult Members	Members Swimming		
Tuesday	Members Swimming	08.30-09.00	St. Georges		11.15-12.00	Lunchtime Swim	14.00-17.00		17.00-19.00	Adult Swim Lessons	20.00-21.00
Wednesday	Members Swimming	08.30-10.15		Aquafit	11.00-12.00	Lunchtime Swim	14.00-17.00		17.00-19.00	Rookie Lifeguard	20.00-21.00
Thursday	Members Swimming	08.30-12.00			Lunchtime Swim	14.00-17.00		17.00-19.00	Adult Members		
Friday	Members Swimming	08.30-12.00			Lunchtime Swim	14.00-17.00		17.00-18.30	Junior Lessons (15.15-17.15)	Adult Members	18.30-21.00
Saturday	08.00-09.00	Junior Swimming Lessons			14.00-17.00		17.00-19.00		Adult Members		
Sunday	Lane Swimming		Family Swim Session		12.30-16.00		Private Hire	17.00-19.00		Adult Members	

- Members Swimming**
- Members Swimming**
- Lunchtime Swim**
- Adult Members**
- Lane Swimming**
- Private Hire**
- Swimming Lessons**
- St. Georges**
- Juniors depart**
- Aquafit**
- Family Swim Session**
- Exiting the Building**

Access to all Full Members Only (Juniors and Adults).

Access to all Members (Juniors, Adults and Senior Citizens)

Access to all members (Juniors, Adults and Senior Citizens). Juniors must be accompanied in the pool hall by a Full Adult Member.

Access to Full Adult Members Only (over 18's only). Junior and Senior Citizen Members must be out of the pool 15 minutes before the start of Adult Swim session.

Lane swimming only (No rings or trapeze permitted at this time). Juniors must be accompanied by an adult and participating in lane swimming.

Pool hall available for hire to members every Sunday. During private hire the poolside will be closed to all members.

Adult swim lessons on a Tuesday evening must be booked in advance through the Members Area on website.

Have full access to the pool hall. Sauna, steam room and hot tub cannot be used during this time.

Juniors and Senior Citizen members must leave the pool 15 minutes before Adult Swim session and be out of the pool hall by the start of the session.

Will have full pool access during the class. The sauna, steam room and hot tub will still be available.

No lane swimming is allowed. Members must be accompanied by a Junior member.

All Members are requested to have left the building by 21.15 weekdays and 20.15 weekends