

SWIMMING POOL TIMETABLE

	06.30 - 08.30	08.30-12.00			12.00-13.30	13.30-17.30		17.30-19.00	19.00-21.00	
Monday					Adult & Senior Members			Adult Members		
Tuesday					Adult & Senior Members			Adult Members	Adult lessons	
Wednesday		08.30-10.15	10.15-11.00	11.00-12.00	12.00-13.30	13.30-17.00		17.00-19.00	19.00-21.00	
		Aquafit			Adult & Senior Members			Adult Members		
Thursday					12.00-13.30	13.30-17.00		17.00-19.00	19.00-21.00	
		08.30-12.00			Adult & Senior Members			Adult Members		
Friday					12.00-13.30	13.30-17.00		17.00-18.30	18.30-21.00	
		08.30-12.00			Adult & Senior Members			Adult Members		
Saturday	08.00-17.00							17.00-19.00		
								Adult Members		
Sunday	08.00 - 11.00	11.00-12.30	12.30-16.00			16.00-17.00	17.00-20.00			
	Lane Swimming	Family Swim Session				Private Hire				

- Members Swimming** Access to all Full Members Only (Juniors and Adults).
- Members Swimming** Access to all Members (Juniors, Adults and Senior Citizens)
- Lunchtime Swim** Access to all members (Juniors, Adults and Senior Citizens). Juniors must be accompanied in the pool hall by a Full Adult Member.
- Adult Members** 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. (Except Fridays - see below.)
- Adult & Senior Members** Access to Full Adult Members and Senior Citizens Only (over 18's only). Junior Members must be out of the pool 15 minutes before the start of session.
- Lane Swimming** Lane swimming only (No rings or trapeze permitted at this time). Juniors must be accompanied by an adult and participating in lane swimming.
- Private Hire** Pool hall available for hire to members every Sunday. During private hire the poolside will be closed to all members.
- Swimming Lessons** Adult swim lessons on a Tuesday evening must be booked in advance through the Members Area on website.
- St. Georges** On Tuesdays, St Georges have full access to the pool hall. Sauna, steam room, and hot tub cannot be used during this time.
- Aquafit** Will have full pool access during the class. The sauna, steam room and hot tub will still be available.
- Family Swim Session** No lane swimming is allowed. Members must be accompanied by a Junior member.
- Exiting the Building** All Members are requested to have left the building by 21.15 weekdays and 20.15 weekends