

SWIMMING POOL TIMETABLE

	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					St Georges Lunchtime swim			Adult Members	
Tuesday		08.30-09.00	St Georges 09.00-11.00		Lunchtime swim 11.00-12.00	12.00-14.00 14.00-17.00		Adult Members 17.00-19.00	Swimming Lessons 19.00-20.30
Wednesday		08.30-10.15		Aquafit 10.15-11.00	Lunchtime swim 11.00-12.00	12.00-14.00 14.00-17.00		Adult Members 17.00-19.00	Rookie Lifeguard 19.30-20.30
Thursday		08.30-12.00			Lunchtime swim 12.00-14.00	14.00-17.00		Adult Members 17.00-19.00	19.00-21.00
Friday		08.30-12.00			Lunchtime swim 12.00-14.00	14.00-17.00 Swimming Lessons (15.15-17.15)		Adult Members 17.00-18.30	18.30-21.00
Saturday	08.00-09.00	Swimming Lessons 09.00-12.00			12.00-17.00			Adult Members 17.00-19.00	
Sunday	Lane Swimming 08.00 - 11.00		Family Swim Session 11.00-12.30		12.30-16.00		Private Hire 16.00-17.00	17.00-20.00	

- Members Swimming
- Members Swimming
- Lunchtime Swim
- Adult Members
- Lane Swimming
- Private Hire
- Swimming Lessons
- St. Georges
- 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. (Except Fridays - see below.)

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.

On Tuesdays, St Georges have full access to the pool hall. Sauna, steam room, and hot tub cannot be used during this time.

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