

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	Members Swimming	Members Swimming		Lunchtime swim	Members Swimming		Adult Members	Members Swimming	Exiting the Building
Tuesday	Members Swimming	Members Swimming	St Georges	Lunchtime swim	Members Swimming		Adult Members	Swimming Lessons	Members Swimming
Wednesday	Members Swimming	Members Swimming	Aquafit	Lunchtime swim	Members Swimming		Adult Members	Rookie Lifeguard	Members Swimming
Thursday	Members Swimming	Members Swimming		Lunchtime swim	Members Swimming		Adult Members	Members Swimming	Exiting the Building
Friday	Members Swimming	Members Swimming		Lunchtime swim	Members Swimming	Swimming Lessons (15.15-17.15)	Adult Members	Members Swimming	Exiting the Building
Saturday	Members Swimming	Members Swimming	Swimming Lessons	Members Swimming			Adult Members	Members Swimming	Exiting the Building
Sunday	Lane Swimming	Family Swim Session	Members Swimming		Private Hire	Members Swimming			Exiting the Building

- 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