



Opening times: Monday to Friday: 08.00 to 16.00 - (Last entry 15.15)
 Saturday and Sunday: 08:30 to 14:00 - (Last entry 13:15)
 Tel: 01252 864590

Monday 08:00 - 15:45	Lane Swim 08:00 - 09:10	Lane Swim 09:10 - 09:40	Aquafit 09:45 - 10:25	Lane Swim 10:30 - 12:00	Lane Swim 12:00 - 12:45	Aquafit 13:00 - 13:30	Lane Swim 14:00 - 15:15	Lane Swim 15:15 - 15:45
Tuesday 08:00 - 15:45	Lane Swim 08:00 - 09:10	Lane Swim 09:10 - 09:40	Aquafit 09:45 - 10:25	Controlled Aqua 10:30 - 11:10	Lane Swim 11:20 - 12:45	Lane Swim 12:45 - 14:00	Lane Swim 14:00 - 15:15	Lane Swim 15:15 - 15:45
Wednesday 08:00 - 15:45	Lane Swim 08:00 - 09:10	Lane Swim 09:10 - 09:40	Aquafit 09:45 - 10:25	Lane Swim 10:30 - 12:00	Lane Swim 12:00 - 12:45	Supervised Swim 12:45 - 13:45	Pool Games 14:00 - 15:00	Lane Swim 15:15 - 15:45
Thursday 08:00 - 15:45	Lane Swim 08:00 - 09:10	Lane Swim 09:10 - 09:40	Aquafit 09:45 - 10:25	Controlled Aqua 10:30 - 11:10	Lane Swim 11:20 - 12:45	Lane Swim 12:45 - 14:00	Lane Swim 14:00 - 15:15	Lane Swim 15:15 - 15:45
Friday 08:00 - 15:45	Lane Swim 08:00 - 09:10	Lane Swim 09:10 - 09:40	Aquafit 09:45 - 10:25	Lane Swim 10:30 - 12:00	Lane Swim 12:00 - 12:45	Aquafit 13:00 - 13:30	Lane Swim 14:00 - 15:15	Lane Swim 15:15 - 15:45
Saturday 08:30 - 13:45	Lane Swim 08:30 - 09:10	Lane Swim 09:10 - 09:40	Aquafit 09:45 - 10:25	Lane Swim 10:30 - 12:00	Lane Swim 12:00 - 12:30	Family Splash 12:30 - 13:30	Closed	Closed
Sunday 08:30 - 13:45	Lane Swim 08:30 - 09:10	Lane Swim 09:10 - 09:50	Lane Swim 09:50 - 10:30	Lane Swim 10:30 - 11:10	Lane Swim 11:10 - 12:30	Family Splash 12:30 - 13:30	Closed	Closed

Aqua Fit - Aqua fitness helps build cardiovascular stamina, strength and flexibility using water as resistance. Fun for all levels.

Controlled Aqua - A fun way to build strength into the body using a series of fundamental Pilates movements.

Family Splash - Come and enjoy a swim together. (children must be supervised at all times, The Responsible adult must be in the pool)

Lane Swim - The swimming pool is available for staying in one lane, max 3 customers per lane swim session.

Pool Games - Join in the fun with a pool games – Get a group together and lets see your competitive side!

Aqua Circuits - 30 minutes of interval training – A series of cardiovascular exercises with short rest periods. All levels of fitness.