

SUMMER 2026

Monday 27th July - Sunday 6th September

BANK HOL MONDAY 31/8

Lane Swim 08:00-08:45
Learn to Swim 09:00-13:30

MONDAY

Lane Swim 06:45-09:00
Widths Only OR Crash Course* 09:15-10:00
Parent & Child (Under 5's) 10:00-10:45
Public Swim 10:45-11:30
Lane Swim 11:30-13:00
Inflatable** 13:15-14:10
Inflatable** 14:10-15:05
Learn to Swim 15:30-19:45
Lane Swim 19:50-20:35
Stroke Technique 20:35-22:00

TUESDAY

Lane Swim 06:45-09:00
Public Swim OR Crash Course* 09:15-10:00
Aqua Fit 10:00-11:00
Widths Only 11:00-11:45
Lane Swim 11:45-13:15
Family Swim 13:15-14:00
Family Swim 14:00-14:45
Public Swim 14:45-15:30
Learn to Swim 15:30-18:45
Public Swim 18:45-19:30
Lane Swim 19:30-21:00

WEDNESDAY

Lane Swim 06:45-09:00
Aqua Zumba OR Crash Course* 09:15-10:00
Widths Only 10:00-10:45
Public Swim 10:45-11:30
Lane Swim 11:35-13:05
Family Swim*** (exc 5th AUG) 13:15-14:45
Learn to Swim 15:30-19:00
Marple Club 19:00-21:30

THURSDAY

Lane Swim 06:45-09:00
Crash Course* 09:00-10:00
Widths Only 10:00-10:45
Family Swim 10:45-11:30
Lane Swim 11:30-13:00
Aqua Circuits 13:00-13:45
Family Swim 13:45-14:30
Public Swim 14:30-15:15
Learn to Swim 15:30-18:30
Public Swim 18:30-19:15
Aqua Zumba 19:15-20:00
Lane Swim 20:05-21:35

FRIDAY

Lane Swim 06:45-09:00
Public Swim OR Crash Course* 09:15-10:00
Aqua Aerobics 10:00-11:00
Widths Only 11:15-12:00
Learn to Swim 12:00-12:30
Public Swim*(7/8 & 14/8 Only) 12:30-13:15
Accessible Swim*(Ex 7/8 & 21/8) 12:30-13:15
Lane Swim 13:15-14:00
Family Swim*7/8,21/8,4/9 Only 14:00-14:45
Public Swim*(Ex 7/8,21/8,4/9) 14:00-14:45
Learn to Swim 15:30-19:15
Lane Swim 19:15-20:45

SATURDAY

Lane Swim 07:40-08:25
Family Swim 12:45-14:15
Lane Swim 14:30-15:15

SUNDAY

Lane Swim 08:00-08:45
Family Swim 13:30-15:00
Public Swim 15:00-15:45
Lane Swim 15:45-16:30

***STAFF TRAINING IN
THE POOL
WEDNESDAY 5TH
AUGUST
13:30-15:30
(NO FAMILY SWIM)

ADMISSION POLICY RATIO 1 ADULT:2 UNDER 8'S

ALL SESSIONS ARE BOOKABLE IN ADVANCE. WE ADVISE TO BOOK AHEAD TO AVOID DISAPPOINTMENT DUE TO ALL SESSIONS HAVING A MAX CAPACITY.

TIMETABLE CAN BE SUBJECT TO CHANGE.

PLEASE REFER TO OUR WEBSITE/APP FOR UP TO DATE TIMETABLE

*CHECK ONLINE TIMETABLE FOR CORRECT SESSION TYPE. CRASH COURSE 10/8-14/8 & 24/8-28/8 MUST BE BOOKED IN ADVANCE AND WILL HAVE EXCLUSIVE USE OF POOL

**INFLATABLE SESSION ALL PARTICIPANTS MUST 8 YEARS + AND BE ABLE TO SWIM 25 METRES WITHOUT FLotation AIDS

SCAN THE QR CODE
TO VISIT OUR WEBSITE AND BOOK

