

Monday 28th September to Sunday 1st November 2026

		07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Mon	Main Pool														
	Sauna														
Tues	Main Pool														
	Sauna														
Wed	Main Pool														
	Sauna														
Thur	Main Pool														
	Sauna														
Fri	Main Pool														
	Sauna														
Sat*	Main Pool														
	Sauna														
Sun	Main Pool														
	Sauna														

* Closed for BLUE Events' Endurance Swim event Saturday 3rd October *

Sauna opens Weds 1st October

Lane Swim		50 minute session. 4 lane speeds (2 lane speeds when half pool)
Toddler Pools	 	Varying duration. Toddler/Splash pool only (separate ticket to Lane/Relaxed swims)
Relaxed Swim		50 minute session. Paddle around and socialise.
Aquacise		50 minute Aquacise class with qualified instructor
Fun Swim - Slide & Springboard		1 hour 45 minute session. Including Springboard, Slide and Toddler Pools
Private Lessons		Half pool closed for private tuition
Closed		