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| **Monday** | **Class** | **Swimming Pool** | **Duration** |
| 7.30am to 8.30am  | Adult Swimming Only | Lane Swimming |  |
| 10 am to 12.30pm  | Water Babies | Closed | 2.5 hours |
| 1.30pm to 2.30pm | Adult Swimming Only | Lane Swimming |  |
| 4.30pm  | Children’s Swim Club | Closed | 1.5 hours |
| Tuesday | Class | Swimming Pool | Duration |
| 7.30am to 8.30am  | Adult Swimming Only | Lane Swimming |  |
| 1.30pm to 2.30pm | Adult Swimming Only | Lane Swimming |  |
| 2.30pm to 4pm | Water Babies | Closed | 1.5 hours |
| 7pm to 9pm  | Adult Swimming Lessons | Closed | 2 hours |
| Wednesday | Class | Swimming Pool | Duration |
| 7.30am to 8.30am  | Adult Swimming Only | Lane Swimming |  |
| 10 am to 12.30pm  | Water Babies | Closed | 2.5 hours |
| 1.30pm to 2.30pm  | Adult Swimming Only | Lane Swimming |  |
| 4pm to 6.30pm | Children’s Swimming Lessons | Closed | 2.5 hours |
| Thursday  | Class | Swimming Pool | Duration |
| 7.30am to 8.30am  | Adult Swimming Only | Lane Swimming |  |
| 12.30pm to 1.30pm | Adult Swimming Only | Lane Swimming |  |
| 1.30pm to 4pm  | Water Babies | Closed | 2.5 hours |
| Friday | Class | Swimming Pool | Duration |
| 7.30am to 8.30am  | Adult Swimming Only | Lane Swimming |  |
| 10 am to 12.30pm  | Water Babies | Closed | 2.5 hours |
| 1.30pm to 2.30pm | Adult Swimming Only | Lane Swimming |  |
| 4.30pm to 5pm  | Family Swim | 2 Lanes |  |
| Saturday | Class  | Swimming Pool | Duration |
| 8am to 9am  | Adult Swimming Only | Lane Swimming |  |
| 9am to 12.30pm  | Children’s Swimming Lessons | Closed |  |
| 1pm to 2pm | Adult Swimming Only | Lane Swimming |  |
| 2pm to 2.30pm  | Family Swim | 2 Lanes |  |
| 3pm to 3.30pm  | Family Swim | 2 Lanes |  |
| Sunday | Class | Swimming Pool | Duration |
| 8am to 9am  | Adult Swimming Only | Lane Swimming |  |
| 10am to 10.30am | Family Swim | 2 Lanes |
| 11am to 11.30am  | Family Swim | 2 Lanes |  |
| 12pm to 3pm | Water Babies | Closed | 3 hours |

**All other sessions can be booked for general swimming subject to availability.**

**Please note only 1 adult and 1 child during general swimming times.**

**Over 14-year-old member children can swim in these times if accompanied by an adult.**

**Retired members can swim for free between 9am and 12pm and 2pm and 4pm Monday to Friday.**

**Terms and conditions apply.**

**All sessions must be booked**