

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY													
	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25 Metre Pool	Diving End	Fun Pool End	25m Pool	Diving End	Fun Pool End	25m Pool	Diving End											
6.30 - 7.00										Club Lane													6.30 - 7.00									
7.00 - 7.30	Club Swimming 6.00-7.30	50m Lane Swim 7.00-8.30			25m Lane Swim 7.00 - 8.30		Club Swimming 7.00- 8.00	50m Lane Swim 6.30- 8.30		50m Lane Swim 7.00-8.30			Club Lane	25m Lane Swim 6.30-8.30			Club Lane						7.00 - 7.30									
7.30 - 8.00																							7.30 - 8.00									
8.00 - 8.30						Shallow Water 07.45																	8.00 - 8.30									
8.30 - 9.00	Floor Change			Floor Change			Floor Change			Floor Change			Floor Change											8.30 - 9.00								
9.00 - 9.30	School	Leisure/Lane Swim		School	Leisure/Lane Swim	School	NPLQ Training		Deep Water Workout 9.15	School	Leisure/Lane Swim		School	School	School	Lessons	L e s s o n Lane Swim	Diving Lessons	Lessons	L e s s o n Lane Swim	Diving Lessons		8.30 - 9.00									
9.30 - 10.00			Shallow Water Workout 9.15										Shallow water Workout 09.00																		9.00 - 9.30	
10.00 - 10.30	School			School			School	School		School		School			School							School	School									9.30 - 10.00
10.30 - 11.00																																10.00 - 10.30
11.00 - 11.30	School			School			School	School		School		School			School							School	School									10.30 - 11.00
11.30 - 12.00																																11.00 - 11.30
12.00 - 12.30																																11.30 - 12.00
12.30 - 13.00				Good Boost		Leis Swim 1.2m																										12.00 - 12.30
13.00 - 13.30	School			School		School																										12.30 - 13.00
13.30 - 14.00																																13.00 - 13.30
14.00 - 14.30	School		School	School																			13.30 - 14.00									
14.30 - 15.00																							14.00 - 14.30									
15.00 - 15.30	Floor Change		Floor Change	Floor Change																			14.30 - 15.00									
15.30 - 16.00																							15.00 - 15.30									
16.00 - 16.30	Lessons																						15.30 - 16.00									
16.30 - 17.00																							16.00 - 16.30									
17.00 - 17.30																							16.30 - 17.00									
17.30 - 18.00		Leisure/Lane Swim																					16.00 - 16.30									
18.00 - 18.30																							17.00 - 17.30									
18.30 - 19.00																							17.30 - 18.00									
19.00 - 19.30	Leis Swim																						18.00 - 18.30									
19.30 - 20.00																							18.30 - 19.00									
20.00 - 20.30																							19.00 - 19.30									
20.30 - 21.00	Leisure Swim Adults	Lane Swim Adults	Club Swim	Public Diving	Leisure Swim Adult	Lane Swim Adult	Club Swim	Public Diving	Leisure Swim	Club Swim	Club Swim	Leisure Swim Adult	Lane Swim Adult	Club Swim	Diving Lessons	50m Adult Lane Swim	50m Club Swim	Facility closes to the general public at 5pm					20.00 - 20.30									
21.00 - 21.30																							20.30 - 21.00									
21.30 - 22.00																							21.00 - 21.30									
																							21.30 - 22.00									

Revised on 01.07.24