



Tuesday 5th January – Friday 26th March 2010 (Inclusive)
Timetable is subject to change at the discretion of the management

MON	7am–9am Public Swim	9am – 12 noon School Use		12 noon – 1pm Pre- school Lessons	1pm–2pm Lunch Time Dip	2pm–3pm School Use	3pm-4pm Junior Lessons	4pm–6pm Club Swim	6pm–8pm Public Swim	8pm–9pm Adults Only
TUES	7am–9am Public Swim	9am - 10am Totally Terrified / Parent & Toddler(3yrs and under)	10am- 12noon School Use	12noon- 1pm Pre- School Lessons	1pm–2pm Lunch Time Dip	2pm– 3.30pm School Use	3.30pm–4pm Pre-school Lessons	4pm–5pm Over 50's	5pm–8pm Public Swim	8pm–9pm Staff Training
WED	7am–10am Public Swim		10am- 12 noon School Use	12noon- 1pm Pre- School Lessons	1pm–2pm Lunch Time Dip	2pm–3pm School Use	3pm–4pm Pre-School Lessons	4pm–5.30pm Junior Lessons * 1 Club Lane	5.30pm–8pm Public Swim	8pm– 8.45pm Aqua Fit
THURS	7am–9am Public Swim	9am-10am Totally Terrified / Parent & Toddler(3yrs and under)	10am- 12pm School Use	12noon- 1pm Pre- School Lessons	1pm-2pm Lunch Time Dip	2pm–3pm School Use	3pm–4pm Junior Lessons	4pm–8pm Public Swim		8pm–9pm Ladies Only
								5pm – 6pm 1 Lane***	7pm – 8pm *1 Club Lane	
FRI	7am–9am Public Swim	9am–12noon School Use		12noon– 1pm Pre- School Lessons	1pm–2pm Lunch Time Dip	2pm– 3.30pm School Use	3.30pm-4pm Junior Lessons	4pm–6pm Club Swim	6pm-8pm Public Swim	8pm–9pm Adults Only
										1 Club Lane
SAT	8am– 8.45am Public Swim	9am–12pm Junior Swimming Lesson		12.30pm–1.30pm Public Session			From 1.30pm Available For Party Hires			
SUN	8am–10am Public Swim		10am – 1pm Family Fun Time			1pm – 4pm Public Swim (Balls & floats may be in at this time, at the discretion of the Duty Officer)				

*** The lane on Thursday is for public use

- **Inflatable – Please watch posters for next session.**
- **In Order To Carry Out Essential Cleaning Of The Spa, It May On Occasions Be Out Of Action.**
- **Last Admission Is 30 Minutes Prior To The End Of The Session.**
- **Children Under The Age Of 8 Must Be Accompanied And Supervised By A Responsible Person Over 16 Years Of Age, When In The Building Or Swimming Pool.**
- **It Is Recommended That One Adult May Only Accompany Up To Two Children Under 8 Years Of Age.**
- **At Certain Times, Staff Training Or Pool Lifeguard Training Will Take Place During A Public Session.**