

Monday 4th January 2010 to Sunday 28th March 2010

	0600-0800	0800-0900	0900-1200	1215-1315	1330-1530	1545-1715	1730-1900	1900-2000	2000-2100	2100-2200
Mon	Public Lane Swim/ Club	Public Lane Swim	School and Community use	Lunch Time Swim	School and Community use	Junior Lessons	Club Swim	Uniform Group (Club 1900-1930 2 Lanes)	Public Deep End / Adult Lessons Shallow End	Adults Only with 3 lanes available
Tues	Public Lane Swim/ Club	Public Lane Swim	School and Community use	Lunch Time Swim	School and Community use	Junior Lessons	Club Swim	Public	Ladies Aqua Fit	Adults Only with 3 lanes available
Wed	Public Lane Swim/ Club	Public Lane Swim	School and Community use	Lunch Time Swim	School and Community use	Junior Lessons	Club Swim	Quiet Adult Session (Club 1900-1930 2 Lanes)	Public	Adults Only with 3 lanes available
Thurs	Public Lane Swim/ Club	Public Lane Swim	School and Community use	Lunch Time Swim	School and Community use	Junior Lessons	Club Swim	Public (Club 1900-1930 2 Lanes)	Public Aqua Fit	Adults Only with 3 lanes available
Fri	Public Lane Swim/ Club	Public Lane Swim	School and Community use	Lunch Time Swim	School and Community use	Junior Lessons	Club Swim	Public	Public	Adults Only with 3 lanes available
Sat	0700-0900		0900-1100	1100-1230	1230-1330	1330-1500	1500-1615	1630-1800		
	Public Lane Swim/ Club		Junior Lessons	Family Session +	Disabled Session	Public	Fun Time +	Available for Public Hire		
Sun	0730-0900		0900-1030	1030-1200	1200-1300	1300-1430	1430-1600	1600-1715	1715-2100	
	Public Lane Swim		Public	Family Session +	Open Lesson Time	Public	Fun Time +	Adults Only	Club Swim	

Ratio of Adult - Children 4 - 7 years

1 Adult per 2 Children

Ratio of Adult - Children 0 - 3 years

1 Adult per 1 Child

During Specified Sessions indicated with a + the ratio will be 1 adult per 2 children 0-7 years

This is due to the shallow end being sectioned off. When supervising more than one child both children must remain in the shallow end and must be wearing armbands or a swim aid unless they can swim at the competent swimmer level.

The Competent swimmer level is specified in a leaflet at reception, on posters on the notice board and on pool side. Children can apply to achieve a card to prevent them having to complete the test on each visit. Please ask at reception for details.

No snorkels, masks, hand paddles or fins allowed.

Last admission 30 minutes prior to the the end of the session. Admission is 5 minutes prior to the start of each session.

Buzzers will be sounded 5 minutes before the end of the session.

This timetable is subject to alteration. Please check our notice boards for closures.