

Monday

Public Swimming - Term Time

Plymouth Life Centre

TIME	50m POOL (A)		25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL		DIVING POOL		CAFÉ
	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	SESSION	NO. OF LANES	
06:00 - 07:00	Clubs										Swim 4 Fitness	4 + 2 Open	
07:00 - 08:00	Swim 4 Fitness	3									Swim 4 Fitness	4 + 2 Open	
08:00 - 09:00	Swim 4 Fitness	10									Swim 4 Fitness	4 + 2 Open	Open
09:00-09:30	Pool closed whilst changing to 25m								Swim 4 Everyone	Full Pool			Open
09:30 - 10:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Young at Heart	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
10:00 - 11:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Young at Heart	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Aqua Classes	Full Pool	Open
11:00 - 12:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
12:00 - 13:00			Swim 4 Fitness	7 + 3 Open	Adult Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Diving Squad	0	Open
13:00 - 14:00			Swim 4 Fitness	7 + 3 Open			Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
14:00 - 15:00			Swim 4 Fitness	3			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:00 - 15:30			Swim 4 Fitness	3			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:30 - 16:00			Swim 4 Fitness	3	Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:00 - 16:30			Swim Lessons	0	Swim Lessons	0	Swim 4 Everyone	2 lanes	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:30 - 17:00			Swim Lessons	0	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
17:00 - 18:00			Swim Lessons	0	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:00 - 18:30			Swim Lessons	0	Private Hire	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:30 - 19:00			Swim 4 Fitness	2	Private Hire	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:00 - 19:30			Swim 4 Fitness	2	Private Hire	0	Aqua Classes	0	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:30 - 20:00			Swim 4 Fitness	2	Private Hire	0	Aqua Classes	0			Diving Lessons	0	Open
20:00 - 20:30			Swim 4 Fitness	2	Private Hire	0	Swim 4 Everyone	4 Open			Diving Lessons	0	
20:30 - 21:00			Swim 4 Fitness	2	Private Hire	0	Swim 4 Everyone	4 Open			Open Diving	Finishes at 21:15	
21:00 - 22:00			Swim 4 Fitness	2	Private Hire	0	Swim 4 Everyone	4 Open					

Timetable in operation over the following dates: 14th September 2018 - 21st October 2018

Timetable correct as at September 2018

Tuesday

Public Swimming - Term Time

Plymouth Life Centre

50m POOL (A)		25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL		DIVING POOL		CAFÉ	
TIME	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	SESSION	NO. OF LANES			
06:00 - 07:00	Clubs								Swim 4 Fitness	4 + 2 Open			
07:00 - 07:45	Swim 4 Fitness	3 (Until 08:00)							Swim 4 Fitness	4 + 2 Open			
08:00 - 09:00	Swim 4 Fitness	8							Diving Squad	0	Open		
09:00-09:30	Pool closed whilst changing to 25m							Swim 4 Everyone	Full Pool			Open	
09:30 - 10:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	Half + Aqua	Swim 4 Everyone	Half Pool - Shallow End		Open	
10:00 - 11:00			Swim 4 Fitness	5 + Aqua	Schools	0	Swim 4 Everyone	Half + Aqua	Swim 4 Everyone	Half Pool - Shallow End		Open	
11:00 - 12:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	Half + Aqua	Swim 4 Everyone	Half Pool - Shallow End		Open	
12:00 - 13:00			Swim 4 Fitness	7 + 3 Open	Adult Gentle Swim	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool	Diving Squad	0	Open
13:00 - 14:00			Swim 4 Fitness	7 + 3 Open			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
14:00 - 15:00			Swim 4 Fitness	5			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:00 - 15:30			Swim 4 Fitness	5			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:30 - 16:00			Swim 4 Fitness	5	Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:00 - 16:30			Swim 4 Fitness	1	Swim Lessons	0	Swim 4 Everyone	2 lanes	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:30 - 17:00			Swim 4 Fitness	1	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
17:00 - 18:00			Swim 4 Fitness	1	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:00 - 18:30			Swim 4 Fitness	1	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:30 - 19:00			Swim 4 Fitness	1	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:00 - 19:30			Clubs	0	Swim 4 Fitness	2	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:30 - 20:00			Clubs	0	Swim 4 Fitness	2	Swim 4 Everyone	4 Open			Diving Lessons	0	Open
20:00 - 20:30			Clubs	0	Swim 4 Everyone	2	Aqua Classes	Whole Pool			Diving Lessons	0	
20:30 - 21:00			Clubs	0	Swim 4 Everyone	2	Aqua Classes	Whole Pool			Ladies Only	20:45-21:45	
21:00 - 22:00			Clubs	0	Swim 4 Everyone	2							

Timetable in operation over the following dates: 14th September 2018 - 21st October 2018

Timetable correct as at September 2018

Wednesday

Public Swimming - Term Time

Plymouth Life Centre

TIME	50m POOL (A)		25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL	HALF/FULL POOL	DIVING POOL		CAFÉ
	SESSION	NO. OF LANES	SESSION	NO. OF LANES		NO. OF LANES		NO. OF LANES	SESSION		SESSION	NO. OF LANES	
06:00 - 07:00	Clubs										Swim 4 Fitness	4 + 2 Open	
07:00 - 08:00	Swim 4 Fitness	3									Swim 4 Fitness	4 + 2 Open	
08:00 - 09:00	Swim 4 Fitness	10									Swim 4 Fitness	4 + 2 Open	Open
09:00-09:30	Pool closed whilst changing to 25m								Swim 4 Everyone	Half Pool - Shallow End			Open
09:30 - 10:30			Swim 4 Fitness	5	Schools	0	Young at Heart	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
10:30 - 11:00			Swim 4 Fitness	5 + Aqua	Schools	0	Young at Heart	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
11:00 - 11:30			Swim 4 Fitness	5 + Aqua	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
11:30 - 12:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
12:00 - 13:00			Swim 4 Fitness	7 + 3 Open	Adult Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Diving Squad	0	Open
13:00 - 13:30			Swim 4 Fitness	7 + 3 Open	Adult Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
13:30 - 14:00	Pool closed whilst changing to 50m								Swim 4 Everyone	Full Pool			Open
14:00 - 15:00	Swim 4 Fitness	2							Swim 4 Everyone	Full Pool			Open
15:00 - 15:30	Swim 4 Fitness	2							Swim 4 Everyone	Full Pool			Open
15:30 - 16:00	Swim 4 Fitness	2							Swim 4 Everyone	Full Pool			Open
16:00 - 16:30	Swim 4 Fitness	2							Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:30 - 17:00	Swim 4 Fitness	3							Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
17:00 - 18:00	Swim 4 Fitness	3							Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:00 - 18:30	Swim 4 Fitness	3							Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:30 - 19:00	Pool closed whilst changing to 25m								Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:00 - 19:30			Swim 4 Fitness	3	Clubs	0	Swim 4 Everyone	4 Open	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:30 - 20:00			Swim 4 Fitness	3	Clubs	0	Swim 4 Everyone	4 Open			Diving Lessons	0	Open
20:00 - 20:30			Swim 4 Fitness	3	Swim 4 Everyone	4 Open	Aqua Classes	0			Diving Lessons	0	
20:30 - 21:00			Swim 4 Fitness	3	Swim 4 Everyone	4 Open	Aqua Classes	0			Diving Lessons	0	
21:00 - 22:00			Swim 4 Fitness	3	Swim 4 Everyone	4 Open							

Timetable in operation over the following dates: 14th September 2018 - 21st October 2018

Timetable correct as at September 2018

Thursday

Public Swimming - Term Time

Plymouth Life Centre

50m POOL (A)		25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL		DIVING POOL		CAFÉ	
TIME	SESSION	NO. OF LANES	SESSION	NO. OF LANES	NO. OF LANES	NO. OF LANES	NO. OF LANES	SESSION	HALF/FULL POOL	SESSION	NO. OF LANES		
06:00 - 07:00	Clubs									Swim 4 Fitness	4 + 2 Open		
07:00 - 07:45	Swim 4 Fitness	3 (Until 08:00)								Swim 4 Fitness	4 + 2 Open		
08:00 - 09:00	Swim 4 Fitness	8								Diving Squad		Open	
09:00 - 09:30	Pool closed whilst changing to 25m							Swim 4 Everyone	Full Pool			Open	
09:30 - 10:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Ladies Only	09:15-10:15	Open
10:00 - 11:00			Swim 4 Fitness	5 + Aqua	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Aqua Classes	10:15-11:00	Open
11:00 - 12:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Aqua Classes	11:00-11:45	Open
12:00 - 13:15			Swim 4 Fitness	7 + 3 Open	Adult Gentle Swim	4 Open	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Diving Squad		Open
13:15 - 14:00			Swim 4 Fitness	7 + 3 Open	Aqua Classes	Whole Pool	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
14:00 - 15:00			Swim 4 Fitness	3			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:00 - 15:30			Swim 4 Fitness	3			Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:30 - 16:00			Swim 4 Fitness	3	Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
16:00 - 16:30			Swim Lessons	0	Swim Lessons	0	Swim 4 Everyone	2 lanes	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:30 - 17:00			Swim Lessons	0	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
17:00 - 18:00			Swim Lessons	0	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:00 - 18:30			Swim Lessons	0	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:30 - 19:00			Clubs	0	Clubs	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:00 - 19:30			Clubs	0	Clubs	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:30 - 20:00			Clubs	0	Clubs	0	Swim 4 Everyone	4 Open			Diving Lessons	0	Open
20:00 - 20:30			Clubs	0	Swim 4 Everyone	2 + 2 Open	Aqua Classes	Whole Pool			Diving Lessons	0	
20:30 - 21:00			Swim 4 Fitness	4	Swim 4 Everyone	4 Open	Aqua Classes	Whole Pool			Private Hire	0	
21:00 - 22:00			Swim 4 Fitness	4	Swim 4 Everyone	4 Open					Private Hire	0	

Timetable in operation over the following dates: 14th September 2018 - 21st October 2018

Timetable correct as at September 2018

Friday

Public Swimming - Term Time

Plymouth Life Centre

50m POOL (A)			25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL		DIVING POOL		CAFÉ
TIME	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	NO. OF LANES	SESSION	HALF/FULL POOL	SESSION	NO. OF LANES	
06:00 - 07:00	Clubs										Swim 4 Fitness	4 + 2 Open	
07:00 - 08:00	Swim 4 Fitness	3									Swim 4 Fitness	4 + 2 Open	
08:00 - 09:00	Swim 4 Fitness	8									Swim 4 Fitness	4 + 2 Open	Open
09:00 - 09:30	Pool closed whilst changing to 25m								Swim 4 Everyone	Full Pool	Schools	0	Open
09:30 - 10:00			Swim 4 Fitness	5 + 3 Open	Schools	0	Swim 4 Everyone	2 + Aqua	Swim 4 Everyone	Half Pool - Shallow End	Schools	0	Open
10:00 - 11:00			Swim 4 Fitness	3	Schools	0	Swim 4 Everyone	2 + Aqua	Swim 4 Everyone	Half Pool - Shallow End	Schools	0	Open
11:00 - 11:30			Swim 4 Fitness	3	Schools	0	Swim 4 Everyone	2 + Aqua	Swim 4 Everyone	Half Pool - Shallow End	Schools	0	Open
11:30 - 12:00			Swim 4 Fitness	3	Schools	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Schools	0	Open
12:00 - 13:00			Swim 4 Fitness	7 + 3 Open	Adult Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End	Diving Squad	0	Open
13:00 - 14:00			Swim 4 Fitness	7 + 3 Open	Adult Gentle Swim	4 Open	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
14:00 - 15:00			Swim 4 Fitness	4	Young at Heart	4 Open	Swim 4 Everyone	4 Open	Swim 4 Everyone	Half Pool - Shallow End			Open
15:00 - 15:30			Swim 4 Fitness	4	Young at Heart	4 Open	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool			Open
15:30 - 16:00			Swim 4 Fitness	4	Swim Lessons	0	Swim 4 Everyone	4 Open	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:00 - 16:30			Swim Lessons	0	Swim Lessons	0	Swim 4 Everyone	2 lanes	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
16:30 - 17:30			Swim Lessons	0	Swim Lessons	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
17:30 - 18:00			Swim Lessons	0	Private Hire	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:00 - 18:30			Swim Lessons	0	Private Hire	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
18:30 - 19:00			Swim 4 Fitness	2	Private Hire	0	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:00 - 19:30			Swim 4 Fitness	2	Swim 4 Fitness	1	Family Fun Swim with Flumes	2 lanes	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
19:30 - 20:00			Swim 4 Fitness	2	Swim 4 Fitness	1	Swim 4 Everyone	4 Open			Diving Lessons	0	Open
20:00 - 20:30			Swim 4 Fitness	2	Swim 4 Everyone	4 Open	Teen Swim & Dive	4 Open			Teen Swim & Dive	Whole Pool	
20:30 - 21:00			Swim 4 Fitness	2	Swim 4 Everyone	4 Open	Teen Swim & Dive	4 Open			Teen Swim & Dive	Whole Pool	
21:00 - 22:00			Swim 4 Fitness	2	Swim 4 Everyone	4 Open							

Timetable in operation over the following dates: 14th September 2018 - 21st October 2018

Timetable correct as at September 2018

Saturday

Public Swimming - Term Time

Plymouth Life Centre

TIME	50m POOL (A)		25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL	HALF/FULL POOL	DIVING POOL		CAFÉ
	SESSION	NO. OF LANES	SESSION	NO. OF LANES		NO. OF LANES		NO. OF LANES	SESSION		SESSION	NO. OF LANES	
06:00 - 07:00	Swim 4 Fitness	2									Swim 4 Fitness	4 + 2 Open	
07:00 - 07:30	Swim 4 Fitness	2									Swim 4 Fitness	4 + 2 Open	
07:00 - 08:00	Clubs	0									Swim 4 Fitness	4 + 2 Open	
08:00 - 08:30	Clubs	0							Swim 4 Everyone	Half Pool - Shallow End	Swim 4 Fitness	4 + 2 Open	Open
08:30 - 09:00	Pool closed whilst changing to 25m								Swim 4 Everyone	Half Pool - Shallow End			
09:00 - 10:00			Swim 4 Fitness	6	Swim Lessons	Whole Pool	Family Fun Swim	Whole Pool	Swim 4 Everyone	Half Pool - Shallow End	Clubs	0	Open
10:00 - 10:30			Swim 4 Fitness	6	Swim Lessons	Whole Pool	Family Fun Swim	Whole Pool	Swim 4 Everyone	Half Pool - Shallow End	Diving Lessons	0	Open
10:30 - 12:00			Swim 4 Fitness	6	Swim Lessons	Whole Pool	Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Half Pool - Shallow End	Diving Lessons	0	Open
12:00 - 13:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
13:00 - 13:30			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
13:30 - 14:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
14:00 - 15:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
14:30 - 15:30			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
15:30 - 17:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Public Diving	Finishes at 16:45	Open
17:00 - 17:30	Pool closed whilst changing to 50m								Family Fun Swim with Flumes	Full Pool	Clubs	0	Open
17:30 - 18:00	Swim 4 Fitness	2							Family Fun Swim with Flumes	Full Pool	Clubs	0	Open
18:00 - 19:00	Swim 4 Fitness	2									Clubs	0	Open
19:00 - 19:30	Swim 4 Fitness	2											Open
19:30 - 20:00													Open

Please be aware that we tend to host events in our pools on the weekends. Due to this our timetable can differ. Please check our website or social media pages beforehand for the latest timetable.

Timetable in operation over the following dates: 14th September 2018 - 21st October 2018

Timetable correct as at September 2018

Sunday

Public Swimming - Term Time

Plymouth Life Centre

TIME	50m POOL (A)		25m POOL (B)		25m POOL (C)		25m POOL (D)		TODDLER POOL	HALF/FULL POOL	DIVING POOL		CAFÉ
	SESSION	NO. OF LANES	SESSION	NO. OF LANES		NO. OF LANES		NO. OF LANES	SESSION		SESSION	NO. OF LANES	
06:30 - 07:00	Swim 4 Fitness	4											
07:00 - 08:00	Swim 4 Fitness	4									Swim 4 Fitness	4 + 2 Open	
08:00 - 08:30	Swim 4 Fitness	4							Swim 4 Everyone	Half Pool - Shallow End	Swim 4 Fitness	4 + 2 Open	Open
08:30 - 09:00	Pool closed whilst changing to 25m								Swim 4 Everyone	Half Pool - Shallow End			Open
09:00 - 10:00			Swim 4 Fitness	6	Swim Lessons	Whole Pool	Family Fun Swim	Whole Pool	Swim 4 Everyone	Half Pool - Shallow End			Open
10:00 - 10:30			Swim 4 Fitness	6	Swim Lessons	Whole Pool	Family Fun Swim	Whole Pool	Swim 4 Everyone	Full Pool	Diving Lessons	0	Open
10:30 - 11:00			Swim 4 Fitness	6	Swim Lessons	Whole Pool	Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Diving Lessons	0	Open
11:00 - 12:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Clubs	Pisces start at 11:15	Open
12:00 - 13:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Clubs		Open
13:00 - 13:30			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Clubs	Pisces finishes at 13:15	Open
13:30 - 14:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Public Diving	Whole Pool	Open
14:00 - 15:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Public Diving	Finishes 14:45	Open
15:00 - 16:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Clubs	0	Open
16:00 - 17:00			Swim 4 Fitness	10			Family Fun Swim with Flumes	Whole Pool	Family Fun Swim with Flumes	Full Pool	Clubs	0	Open
17:30 - 18:00					Swim Lessons	Whole Pool			Family Fun Swim with Flumes	Full Pool	Clubs	0	Open
18:00 - 19:00					Swim Lessons	Whole Pool					Clubs	0	Open
19:00 - 19:30					Swim Lessons	Whole Pool					Private Hire	0	
20:00 - 21:00					Swim Lessons	Whole Pool					Private Hire	0	
21:00 - 22:00											Private Hire	0	

Please be aware that we tend to host events in our pools on the weekends. Due to this our timetable can differ. Please check our website or social media pages beforehand for the latest timetable.

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Timetable correct as at September 2018