

Monday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
			05.00 - 07.00	Clubs	Full Pool						
			07.00 - 07.30	Clubs	Full Pool				07.00 - 08.30	Public Swimming	Open Water (1.25m)
									07.00 - 08.30	Lane Swimming	2
08.30 - 09.00	Public Swimming	Full Pool Open Water (1.25m)									
08.30 - 16.00	Lane Swimming	6 Lanes									
09.00 - 09.30	Public Swimming	Full Pool Open Water (1.25m)	09.00 - 12.00	Schools	4 Lanes				09.00 - 12.00	Schools	Full Pool
09.30 - 10.30	Aqua Classes	Half Open water (1.25m)									
09.30 - 10.30	Public Swimming	Half Open water (1.25m)									
10.30 - 13.00	Public Swimming	Full Pool Open Water (1.25m)									
13.00 - 15.00	Public Swimming	Full Pool Open Water (1.25m)	13.00 - 15.00	Schools	4 Lanes				13.00 - 15.00	Schools	Full Pool
15.00 - 16.00	Public Swimming	Full Pool Open Water (1.25m)									
16.00 - 18.30	Swim Lessons	Full Pool	16.00 - 20.00	Clubs	Full Pool				16.00 - 18.30	Clubs	Full Pool
18.30 - 20.00	Swim Lessons	All Open Water							18.30 - 20.00	Family Swimming	Full Pool Open Water (1.25m)
18.30 - 20.00	Lane Swimming	4 Lanes									
20.00 - 20.50	Aqua Classes	Full Pool									

This timetable is in operation over the following dates: Term Time

Timetable last updated: 19/04/2019

Tuesday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
			05.00 - 07.00	Clubs	Full Pool						
07.00 - 09.00	Public Swimming	Full Pool Open Water (1.25m)	07.00 - 07.30	Clubs	Full Pool						
07.00 - 20.00	Lane Swimming	6 Lanes									
09.00 - 09.30	Public Swimming	Full Pool Open Water (1.25m)	09.00 - 12.00	Schools	4 Lanes				09.00 - 09.30	Schools	Full Pool
09.30 - 10.00	Public Swimming	Full Pool Open Water (1.25m)							09.30 - 11.00	Swim Lessons	Half Pool
									09.30 - 12.00	Schools	Half Pool
10.00 - 11.00	Aqua Classes	Half Open water (1.25m)									
10.00 - 11.00	Public Swimming	Half Open water (1.25m)									
11.00 - 13.00	Public Swimming	Full Pool Open Water (1.25m)									
13.00 - 15.00	Public Swimming	Full Pool Open Water (1.25m)	13.00 - 15.00	Schools	4 Lanes				13.00 - 14.00	Swim Lessons	Half Pool
									13.00 - 15.00	Schools	Half Pool
15.00 - 16.00	Public Swimming	Full Pool Open Water (1.25m)	15.00 - 20.00	Clubs	Full Pool						
16.00 - 17.30	Public Swimming	Full Pool Open Water (1.25m)							16.00 - 18.30	Clubs	Full Pool
17.30 - 18.30	Family Swimming	Full Pool Open Water (1.25m)									Full Pool
18.30 - 19.00	Family Swimming	Full Pool Open Water (1.25m)							18.30 - 19.30	Aqua Classes	
19.00 - 20.00	Public Swimming	Full Pool Open Water (1.25m)									

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Wednesday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
						05.00 - 20.00	Clubs	Half Pool			
						07.00 - 20.00	Lane Swimming	Half Pool	07.00 - 10.00	Public Swimming	Full Pool Open Water (1.25m)
									10.00 - 11.30	Public Swimming	Half Open water (1.25m)
									10.00 - 11.30	Swim Lessons	Half Open water (1.25m)
									11.30 - 13.30	Public Swimming	Full Pool Open Water (1.25m)
									13.30 - 15.00	Public Swimming	Half Open water (1.25m)
									13.30 - 15.00	Swim Lessons	Half Open water (1.25m)
									15.00 - 17.30	Public Swimming	Full Pool Open Water (1.25m)
									17.30 - 19.00	Family Swimming	Full Pool Open Water (1.25m)
									19.00 - 20.00	Public Swimming	Full Pool Open Water (1.25m)
									20.00 - 21.00	Aqua Classes	Full Pool

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Thursday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
			05.00 - 07.00	Clubs	Full Pool						
			07.00 - 07.30	Clubs	Full Pool				07.00 - 08.30	Lane Swimming	2
									07.00 - 08.30	Public Swimming	Open Water (1.25m)
08.30 - 16.30	Lane Swimming	6 Lanes									
08.30 - 09.00	Public Swimming	Full Pool Open Water (1.25m)									
09.00 - 12.00	Public Swimming	Full Pool Open Water (1.25m)	09.00 - 10.00	Schools	4 lanes				09.00 - 12.00	Schools	Full Pool
options rows			09.00 - 10.00	Swim Lessons	2 Lanes						
12.00 - 13.00	Public Swimming	Full Pool Open Water (1.25m)									
13.00 - 14.00	Public Swimming	Half Open water (1.25m)	13.00 - 15.00	Schools	4 lanes				13.00 - 15.00	Schools	Full Pool
13.00 - 14.00	Swim Lessons	Half Open water (1.25m)									
14.00 - 15.00	Aqua Classes	Half Open water (1.25m)									
14.00 - 15.00	Public Swimming	Half Open water (1.25m)									
15.00 - 16.00	Public Swimming	Full Pool Open Water (1.25m)									
16.00 - 18.30	Swim Lessons	Full Pool	16.00 - 20.00	Clubs	Full Pool				16.00 - 21.00	Clubs	Full Pool
18.30 - 20.00	Public Swimming	Full Pool Open Water (1.25m)									
18.30 - 20.00	Lane Swimming	4 Lanes									

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Friday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
			05.00 - 07.00	Clubs	Full Pool						
07.00 - 16.00	Lane Swimming	6 Lanes									
07.00 - 09.00	Public Swimming	Full Pool Open Water (1.25m)									
09.00 - 11.30	Public Swimming	Full Pool Open Water (1.25m)	09.00 - 12.00	Schools	4 Lanes				09.00 - 12.00	Schools	Full Pool
11.30 - 12.30	Aqua Classes	Half Open water (1.25m)									
11.30 - 12.30	Public Swimming	Half Open water (1.25m)									
12.30 - 13.00	Public Swimming	Full Pool Open Water (1.25m)									
13.00 -16.00	Public Swimming	Full Pool Open Water (1.25m)	13.00 - 15.00	Schools	4 Lanes				13.00 - 15.00	Schools	Half Pool
options rows									13.00 - 14.00	Swim Lessons	Half Pool
16.00 - 18.30	Swim Lessons	Half Open water (1.25m)	16.00 - 20.00	Clubs	Full Pool				16.00 - 18.00	Clubs	Full Pool
16.00 - 18.30	Swim Lessons	4 Lanes									
16.00 - 18.30	Public Swimming	Half Open water (1.25m)									
16.00 - 18.30	Lane Swimming	3 Lanes									
18.30 - 20.00	Public Swimming	Full Pool Open Water (1.25m)							18.30 - 19.30	Aqua Classes	Full Pool
18.30 - 20.00	Lane Swimming	6 Lanes									

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Saturday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
						07.00 - 10.00	Clubs	Full Pool			
						10.00 - 12.00	Lane Swimming	Half Pool			
						10.00 - 12.00	Clubs	Half Pool			
13.00 - 17.00	Family Swimming	Full Pool Open Water (1.25m)									
13.00 -19.00	Lane Swimming	6 Lanes									
17.00 - 19.00	Public Swimming	Full Pool Open Water (1.25m)									

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Sunday

Swimming Timetable - Term Time

Sunderland Aquatic Centre

MAIN POOL A			MAIN POOL B			MAIN POOL (50M)			DIVING POOL		
TIME	SESSION	NO. OF LANES	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	HALF/FULL POOL	TIME	SESSION	NO. OF LANES
08.30 - 19.00	Lane Swimming	6 Lanes	08.30 - 13.00	Swim Lessons	Half Pool				08.30 - 1.00	Swim Lessons	Full Pool
08.30 - 13.00	Public Swimming	Full Pool Open Water (1.25m)									
13.00 - 17.00	Family Swimming	Full Pool Open Water (1.25m)									
17.00 - 18.00	Public Swimming	Full Pool Open Water (1.25m)									
18.00 - 19.00	Aqua Classes	Half Open water (1.25m)									
18.00 - 19.00	Public Swimming	Half Open water (1.25m)									

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