

Saturday 20<sup>th</sup> October - Friday 21<sup>st</sup> December

# Swimming pool time table

Day	Session	Start	End
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Saturday

Lane Swimming	08:00	10:00
Public session 1 (shared)	10:00	11:00
Public session 2	11:00	17:00

Sunday

Lane Swimming	08:00	10:00
Public session	10:00	17:00

Monday

Lane swimming	07:30	09:00
Public session 1	09:00	16:00
Public session 2 (shared)	18:15	19:00
Public session 3	19:00	20:00
Ladies only	20:00	21:00

Tuesday

Lane swimming	07:30	09:00
Public session 1	09:00	12:30
Public session 2	13:20	16:00
Public session 3 (shared)	16:00	19:00
Public session 4	19:00	22:00

Wednesday

Lane swimming	07:30	09:15
Public session 1 (Shared with Aqua Therapy)	09:00	10:00
Public session 2	12:00	12:50
Public session 3	13:40	17:00
Public session 4 (shared)	18:30	19:15
Public session 5	19:15	21:00

Thursday

Lane swimming	07:30	09:00
Public session 1	09:00	12:00
Public session 2	15:20	16:00
Public session 3 (shared)	18:15	19:00
Public session 4	19:00	21:00

Friday

Lane swimming	07:30	09:00
Public session 1	11:30	15:30
Spike Island - Primary (min age 8yrs)	19:30	20:30
Spike Island - Highschool (max age 15yrs)	20:30	21:30

## Swimming pool Admissions policy

A responsible adult over the age of 16 may accompany one child under the age of four.



A responsible adult over the age of 16 may accompany two children between the ages of four and eight.



A child aged 8+ years, who is a competent swimmer, may swim unaccompanied during public sessions.

TIME TABLE SUBJECT TO CHANGE AT SHORT NOTICE FOR PRIVATE BOOKINGS. Call 01877 330 000 for updates. Sauna and steam room available at public times shown above.

Spike Island: All users must be aged 8-15 years and able to swim 20 meters without buoyancy aids or assistance.