

Monday 12th January – Sun 18th January 2026

| Pool Timetable | | | |
|----------------|-----------------|------------------|-----------------|
| DAY | AM | LUNCH | PM |
| Monday | | | 6:15pm-8:00pm |
| Tuesday | 7:30am-9:30am | 12:30pm – 3.30pm | |
| Wednesday | 7:30am – 8:30am | 2:30pm-3:45pm | |
| Thursday | | 1.30pm – 3:45pm | |
| Friday | | | |
| Saturday | | | 3:30pm – 5.00pm |
| Sunday | | | |

(Changing rooms open/close 10 minutes before and after swim times above)

| Extra Swim Times | |
|----------------------|-----|
| | N/A |
| Cancelled Swim Times | |
| | |

| Gym Timetable | |
|-------------------|---------------------------------|
| Monday | 7.30am-8.30am & 6.00pm – 8.00pm |
| Tuesday | 7.30am-8.30am & 6.00pm – 8.00pm |
| Wednesday | 7.30am-8.30am & 6.00pm – 8.00pm |
| Thursday | 7.30am-8.30am & 6.00pm – 8.00pm |
| Friday | 7.30am-8:30am & 6.00pm – 8.00pm |
| Saturday – Sunday | 8.00am – 5.00pm |

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