

Monday 19th January– Sun 31<sup>st</sup> 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	7:30am-8:30am	2:30pm-3:45pm	
Saturday			3:30pm – 5.00pm
Sunday			
<i>(Changing rooms open/close 10 minutes before and after swim times above)</i>			
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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