

Mon 28th July – Sun 3rd Aug 2025

Pool			
DAY	AM	LUNCH	PM
Monday	07:30-10:00		18:15-20:00
Tuesday	07:30-10:00		
Wednesday	07:30-10:00		18:15-18:45
Thursday	07:30-10:00	12.00-13.30	18:15-19:00
Friday	07:30-10:00	12.30-13.30	
Saturday	08:00-11:00		
Sunday	08:00-12:00		
<i>(Changing rooms open/close 10 minutes before and after swim times above)</i>			
Extra Swim Times			
N/A			
Cancelled Swim Times			
N/A			

Gym	
Monday - Friday	08:00 - 18:00
Saturday	08:00 - 16:00
Sunday	08:00 - 12:00

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