

# BOOKING REQUIRED

See website  
for details



## Swimming Pool Timetable W/C 7 April 2025

	06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30	22.00		
MON	Adults Only Open Session		Aqua Blast		Aqua Fit Starts 08:50	Public Swim	Public Swim	Public Swim		Fun Swim Session		NPLQ Course			Public Swim	Public Swim	Public/Private Lesson Swim		Aqua Fit	Adults Only/Lanes Swim - Open Session															
TUES	Adults Only Open Session		Aqua Pilates		Public Swim	Aqua Fit	Public Swim	Public Swim		Fun Swim Session		NPLQ Course			Public Swim	Public/Private Lesson Swim	Aqua Fit	Lane Swim (11yrs+)	Adults Only/Lanes Swim - Open Session																
WED	Adults Only Open Session		NPLQ Course	Public Swim	Public Swim	Public Swim	Public Swim		Fun Swim Session		NPLQ Course			Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Aqua Fit	Adults Only/Lanes Swim - Open Session																	
THURS	Adults Only Open Session		NPLQ Course	Public Swim	Private Booking	Disability Swim	Public Swim		NPLQ Course			Public Swim	Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Staff Training	Adults Only/Lanes Swim - Open Session																		
FRI	Adults Only Open Session		Aqua Pilates	Aqua Fit	Aqua Fit Starts 09:35	Public Swim	Public Swim	Public Swim		NPLQ Course			Public Swim	Public Swim	Public/Private Lesson Swim	Aqua Fit	Adults Only/Lanes Swim - Open Session																		
SAT	Adults Only Open Session	Public Swim	Public Swim	Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Party Hire	Party Hire	Cleaning																						
SUN	Adults Only Open Session	Public Swim	Public Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Public/Private Lesson Swim	Party Hire	Adults Only/Lanes Swim - Open Session																							

Please note: The Management reserve the right to change the above programme without prior notice. Contact Reception for further enquiries.

Swimming Pool Booking System ►►

Swimming Fees ►►

Members can book up to 5 days in advance, by phone or online. Non-Members can book up to 24 hours in advance, by phone or online.

Please ensure the Centre has your correct contact details on the system.

**Family Swim: One adult and three children or two adults and two children**

Bronze Members		Non Members	
Adult Swim	£4.75	Adult Swim	£6.25
Over 50's Swim	£4.25	Over 50's Swim	£5.75
Junior Swim	£3.75	Junior Swim	£4.50
Family Swim	£12.50	Family Swim	£15.50

