

Summer Holiday Pool Timetable

23 July - 2 September



FITNESS POOL

	MORNING	LATE MORNING	AFTERNOON	LATE AFTERNOON	EVENING
Mon 23 Jul	6 - 9.30am	10.30am - 2pm			6.30 - 8.30pm 8.30 - 9.30pm*
Tue 24 Jul	6 - 11am	11 - 12pm*	12 - 4pm		6.30 - 9pm
Wed 25 Jul		6am - 2.30pm		5 - 7pm	9 - 10pm*
Thu 26 Jul	6 - 11am	11 - 12pm*	12 - 2pm		6.30 - 10pm
Fri 27 Jul		6am - 4pm		5 - 6pm	8.30 - 9.30pm
Sat 28 Jul	7 - 9am		12 - 2pm	4 - 5pm	
Sun 29 Jul		9am - 2pm		4 - 6pm	
Mon 30 Jul	6 - 9.30am	10.30am - 2pm			6.30 - 8.30pm 8.30 - 9.30pm*
Tue 31 Jul	6 - 9am	10 - 11am 11 - 12pm*	12 - 5pm		6.30 - 9pm
Wed 1 Aug	6 - 9am	10 - 2pm		4 - 7pm	8 - 9pm 9 - 10pm*
Thu 2 Aug	6 - 9am	10 - 11am 11 - 12pm*	12 - 2pm	4 - 5pm	6.30 - 10pm
Fri 3 Aug	6 - 9am	10 - 6pm			8.30 - 9.30pm
Sat 4 Aug		7am - 2pm		4 - 5pm	
Sun 5 Aug		9am - 2pm		4 - 7pm	
Mon 6 Aug	6 - 9am	10am - 2pm		4 - 5pm	6.30 - 8.30pm 8.30 - 9.30pm*
Tue 7 Aug	6 - 9am	10 - 11am 11 - 12pm*	12 - 5pm		6.30 - 9pm
Wed 8 Aug	6 - 9am	10am - 2pm		4 - 7pm	8 - 9pm 9 - 10pm*
Thu 9 Aug	6 - 9am	10 - 11am 11 - 12pm*	12 - 2pm	4 - 5pm	6.30 - 10pm
Fri 10 Aug	6 - 9am	10am - 6pm			8.30 - 9.30pm
Sat 11 Aug		7am - 2pm		4 - 5pm	
Sun 12 Aug		9am - 2pm		4 - 7pm	
Mon 13 Aug		6am - 2pm		4 - 8.30pm	8.30 - 9.30pm*
Tue 14 Aug	6 - 11am	11 - 12pm*	12 - 9pm		
Wed 15 Aug		6am - 2pm		4 - 8pm	8 - 9pm 9 - 10pm*
Thu 16 Aug	6 - 11am	11 - 12pm*	12 - 2pm	4 - 10pm	
Fri 17 Aug		6 - 9.30pm			
Sat 18 Aug		7am - 2pm		4 - 5pm	
Sun 19 Aug		9am - 2pm		4 - 7pm	
Mon 20 Aug		6am - 2pm		4 - 8.30pm	8.30 - 9.30pm*
Tue 21 Aug	6 - 11am	11 - 12pm*	12 - 9pm		
Wed 22 Aug		6am - 2pm		4 - 9pm	9 - 10pm*
Thu 23 Aug	6 - 9am	11 - 12pm*	12 - 2pm	4 - 10pm	
Fri 24 Aug		6am - 9.30pm			
Sat 25 Aug		7am - 2pm		4 - 5pm	
Sun 26 Aug		9am - 2pm		4 - 7pm	
Mon 27 Aug		6am - 2pm		4 - 5.30pm	
Tue 28 Aug	6 - 11am	11 - 12pm*	12 - 9pm		
Wed 29 Aug		6am - 2pm		4 - 9pm	9 - 10pm*
Thu 30 Aug	6 - 11am	11 - 12pm*	12 - 2pm	4 - 10pm	
Fri 31 Aug		6am - 9.30pm			
Sat 1 Sep	7 - 9am		12 - 2pm	4 - 5pm	
Sun 2 Sep		9am - 2pm		4 - 6pm	

TEACHING POOL

	MORNING	LATE MORNING	AFTERNOON	LATE AFTERNOON	EVENING
Mon 23 Jul			12.30 - 2pm		6.30 - 8pm
Tue 24 Jul			12 - 3.30pm		6.30 - 8pm
Wed 25 Jul			12 - 2.30pm		6 - 7pm
Thu 26 Jul			12 - 2pm		6 - 8pm
Fri 27 Jul			12 - 3.30pm	5 - 8pm	
Sat 28 Jul			1 - 2pm		
Sun 29 Jul		10am - 2pm		5 - 6pm	
Mon 30 Jul			12.30 - 2pm		6.30 - 8pm
Tue 31 Jul		11.30am - 8pm			
Wed 1 Aug		11.30am - 2pm		4 - 8pm	
Thu 2 Aug		11.30am - 2pm		4 - 8pm	
Fri 3 Aug		11.30am - 8pm			
Sat 4 Aug		7am - 2pm			
Sun 5 Aug		10am - 2pm		5 - 6pm	
Mon 6 Aug		11.30am - 2pm		4 - 8pm	
Tue 7 Aug		11.30am - 8pm			
Wed 8 Aug		11.30am - 2pm		4 - 8pm	
Thu 9 Aug		11.30am - 2pm		4 - 8pm	
Fri 10 Aug		11.30am - 8pm			
Sat 11 Aug		7am - 2pm			
Sun 12 Aug		10am - 2pm		5 - 6pm	
Mon 13 Aug		11.30am - 2pm		4 - 8pm	
Tue 14 Aug		11.30am - 8pm			
Wed 15 Aug		11.30am - 2pm		4 - 8pm	
Thu 16 Aug		11.30am - 2pm		4 - 8pm	
Fri 17 Aug		11.30am - 8pm			
Sat 18 Aug		7am - 2pm			
Sun 19 Aug		10am - 2pm		5 - 6pm	
Mon 20 Aug		11.30am - 2pm		4 - 8pm	
Tue 21 Aug		11.30am - 8pm			
Wed 22 Aug		11.30am - 2pm		4 - 8pm	
Thu 23 Aug		11.30am - 2pm		4 - 8pm	
Fri 24 Aug		11.30am - 8pm			
Sat 25 Aug		7am - 2pm			
Sun 26 Aug		10am - 2pm		5 - 6pm	
Mon 27 Aug		10.30am - 2pm		4 - 5.30pm	
Tue 28 Aug		11.30am - 8pm			
Wed 29 Aug		11.30am - 2pm		4 - 8pm	
Thu 30 Aug		11.30am - 2pm		4 - 8pm	
Fri 31 Aug		11.30am - 8pm			
Sat 1 Sep	7 - 9am		1 - 2pm		
Sun 2 Sep		10am - 2pm		5 - 6pm	

*Ladies Only Session

LEISURE POOL

Mon	Parent & Toddler 9-10am	Public 10am-8pm	Flumes 10.30am-6pm	Rapids 12.30-4.30pm
Tue	Parent & Toddler 9-10am	Public 10am-8pm	Flumes 10.30am-6pm	Rapids 12.30-4.30pm
Wed	Parent & Toddler 9-10am	Public 10am-8pm	Flumes 10.30am-6pm	Rapids 12.30-4.30pm
Thu	Parent & Toddler 9-10am	Public 10am-8pm	Flumes 10.30am-6pm	Rapids 12.30-4.30pm
Fri	Parent & Toddler 9-10am	Public 10am-8pm	Flumes 10.30am-6pm	Rapids 12.30-4.30pm
Sat & Sun	Parent & Toddler 9 - 10am Public 10am - 6pm Flumes 10.30am - 5.30pm Rapids 12.30 - 4.30pm Available for Private Hire 6.30 - 8.30pm			

Fri 20 Jul: Parent & Toddler 10am-12pm, Public 12-8pm, Flumes 12.30-6pm, No Rapids
Mon 27 Aug (Bank Holiday): Public 10am - 5.30pm, Flumes 10.30-5pm, Rapids 12.30 - 4.30pm
Mon 3 & Tues 4 Sep: Parent & Toddler 10am-12pm, Public 12-8pm, Flumes 12.30-6pm, No Rapids
No Parent & Toddler 9 - 10am on: Mon 23 Jul, Sat 28 Jul, Mon 30 Jul, Sat 1 Sep

DIVING PIT

	MORNING	LATE MORNING	AFTERNOON	LATE AFTERNOON	EVENING
Mon			12 - 1pm, 1 - 2pm with board	4 - 5pm	6.30 - 7.15pm
Tue			12 - 5pm		6.30 - 8pm
Wed			12 - 1pm, 1 - 2pm with board	4 - 7pm	
Thu			12 - 1pm, 1 - 2pm with board	4 - 5pm	7 - 8.30pm
Fri			12 - 6pm		
Sat			1 - 2pm with board	4 - 5pm	
Sun		9am - 1pm	1 - 2pm with board	4 - 7pm	

Monday 27 August (Bank Holiday) - 12-1pm Public, 1-2pm Public with Diving Board, 4-5.30pm Public

Kids Summer Aquatics Programme

Wet 'n Wild

9:15-10am

Canoeing, personal survival, diving, snorkelling & water polo skills

Intensive Swimming Course

Stages 1 & 2, 9am and 9.30am

Stage 3, 9.15am to 10am

Tuesday 31 July to Friday 3 August: £20 for 4 sessions

Monday 6 to Friday 10 August: £25 for 5 sessions

Please book at reception

Aquafun and Aquasplat

Take the inflatable Aquafun challenge in the Fitness Pool, wrestle with the Aquasplat submarine in the Teaching Pool and improve your skills on the diving board! Sessions take place:

Monday 23 July, 2 - 3.30pm

Thursday 26 July, 2 - 3.30pm

Then from Saturday 28 July until Sunday 2 September every Monday, Wednesday, Thursday, Saturday and Sunday 2 - 4pm.

Fitness Pool

25 metre, competition standard 6 lane pool (20 metres when diving board in use)

Teaching Pool

Ideal for absolute beginners and children

Dive Pit

Book on our deep water workout class using the Leisure World app