



main pool aquatic programme

Saturday 23rd December - Saturday 6th January



SATURDAY 23rd Dec	
0900-1000	Lane Swimming
1000-1100	Snorkels & Flippers (3 Lanes)
1000-1700	Public Swimming
1500-1545	Deep Water Aerobics
1730-1830	Sensory Friendly Family Session

SUNDAY 24th Dec	
0900-1000	Lane Swimming
1000-1200	Public Swimming Club Session (3 Lanes)
1200-1330	Family Fun Session

MON 25th Dec - WED 28th Dec
CLOSED

THURSDAY 28th Dec	
0830-0930	Lane Swimming
0930-1230	Public Swimming
1230-1400	Lane Swimming
1400-1500	Aqua Walking
1400-1630	Public Swimming
1630-1830	Lane Swimming (3 Lanes) Club Session (3 Lanes)

FRIDAY 29th Dec	
0830-0930	Lane Swimming
0930-1130	Public Swimming
0930-1130	Club Session (3 Lanes)
1130-1230	Wellness Session
1230-1330	Lane Swimming
1230-1330	Aqua Walking
1330-1445	Public Swimming
1445-1545	Private Booking
1600-1700	Pool Disco!
1730-1900	Club Session

SATURDAY 30th Dec	
0900-1000	Lane Swimming
1000-1100	Snorkels & Flippers
1100-1700	Public Swimming
1500-1545	Deep Water Aerobics
1730-1830	Sensory Friendly Family Session

SUNDAY 31st Dec	
0900-1000	Lane Swimming
1000-1230	Public Swimming
1230-1330	Family Fun Session

MON 1st Jan - WED 3rd Jan
CLOSED

THURSDAY 4th Jan	
0900-1230	Public Swimming
1230-1400	Lane Swimming
1400-1500	Aqua Walking
1400-1730	Public Swimming
1730-1930	Lane Swimming (3 Lanes) Club Session (3 Lanes)
1930-2030	Ladies Only

FRIDAY 5th Jan	
0630-0730	Lane Swimming
0730-1130	Public Swimming
1130-1230	Wellness Session
1230-1400	Lane Swimming
1230-1400	Aqua Walking
1400-1600	Public Swimming
1600-1700	Water Walkerz & Stepping Stones
1700-1800	Lane Swimming
1800-2030	Public Swimming
2030-2130	Club Session

SATURDAY 6th Jan	
0900-1000	Lane Swimming
1000-1100	Snorkels & Flippers
1100-1700	Public Swimming
1500-1545	Deep Water Aerobics
1730-1830	Sensory Friendly Family Session

AQUA WALKING

The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11yrs old, must be competent lane swimmer.

WELLNESS SESSION

Slower paced session that helps less active swimmers with recovery from illness or injury.

SENSORY FRIENDLY FAMILY SESSION

A session where the pool environment is adjusted to enhance the sensory experience of kids who may otherwise find it challenging.

PUBLIC SWIMMING

A swimming session open to everyone.

WATER WALKERZ

Walk on water with our inflatable Water Walkerz! Together with our Stepping Stones, floats & Toys this is a great fun session. Book in advance to secure your spot.

Health Suite (16 yrs+)



The Health Suite opens at 1000 each day and operates during Main Pool session times.

Family Sessions during the Christmas break until 1700, 8+yrs minimum.

Combined tickets for swim and health suite are available.



leisure pool aquatic programme

Saturday 23rd December - Saturday 6th January



SATURDAY 23rd Dec	
0900-1700	Public Swimming
1730-1830	Sensory Friendly Family Session
SUNDAY 24th Dec	
0900-1200	Public Swimming
1200-1330	Family Fun Session
MON 25th Dec - Wed 28th Dec	
CLOSED	
THURSDAY 28th Dec	
1000-1230	Public Swimming

FRIDAY 29th Dec	
1000-1130	Public Swimming
1130-1230	Wellness Session
1330-1445	Public Swimming
1445-1500	Private Booking
1600-1700	Pool Disco!
SATURDAY 30th Dec	
0900-1700	Public Swimming
1730-1830	Sensory Friendly Family Session
SUNDAY 31st Dec	
0900-1230	Public Swimming
MON 1st Jan - WED 3rd Jan	
CLOSED	

THURSDAY 4th Jan	
1000-1930	Public Swimming
FRIDAY 5th Jan	
1000-1130	Public Swimming
1130-1230	Wellness Session
1230-1930	Public Swimming
SATURDAY 6th Jan	
1000-1700	Public Swimming
1730-1830	Sensory Friendly Family Session

Pool Disco!
 Friday 29th December
 1600-1700

FAMILY FUN SESSION
 A session where both main and leisure pool are equipped with toy, floats and balls for an extra fun session.

PUBLIC SWIMMING
 A swimming session open to everyone.

WELLNESS SESSION
 Slower paced session that helps less active swimmers with recovery from illness or injury.

