

WINTER SWIMMING TIMETABLE 1 NOVEMBER–31 MARCH

[PLEASE CLICK HERE FOR TEMPORARY CHANGES](#)

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm
MON	Lanes swimming only 6–8am				General swimming 8–10.30am				Aqua Fitness 10.30–11.30am				Hire/closed				General swimming 5–8pm				Hire/closed										
TUE	Lanes 6–8am		Masterclass		General swimming 8–1.30pm								Hire/closed				Aqua Fitness 5.15–6pm		General swimming 5–8pm				Hire/closed								
WED	Lanes swimming only 6–8am				General swimming 8–1.30pm				Aqua Fitness 10.30–11.30am				Hire/closed				General swimming 5–8pm				Hire/closed										
THU	Lanes 6–8am		Masterclass		General swimming 8–1.30pm								Hire/closed				General swimming 5–7.30pm		Chiltern Tri 7.30–8.30pm		Closed										
FRI	Lanes swimming only 6–8am				General swimming 8–1.30pm								Hire/closed				General swimming 5–7.30pm														
SAT	Closed				Masterclass		General swimming 8am–12pm				Aqua Fitness 11–11.45am				Hire/closed																
SUN	Closed				General swimming 8am–12pm								Hire/closed																		

KEY

- General swimming – children under 8 must be accompanied by an adult. Under 5s must be in the pool with an adult
- Lanes swimming
- Masterclass – stroke development
- Toddler swim/Therapy & 60 plus
- Chiltern Tri
- Available for hire/swimming lessons or closed
- Adult swimming
- Inflatable (Mon/Wed/Thurs school hols only)
- Aqua classes
- Swimming lessons
- Closed

SUMMER SWIMMING TIMETABLE 1 APRIL–31 OCTOBER

[PLEASE CLICK HERE FOR TEMPORARY CHANGES](#)

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm
MON	Lanes swimming only 6–8am				Adults only 8–9.30am				Aqua Fitness 9.30–10.30		Toddler/Therapy & 60 plus 10.30–11.30		Adults only 11.30am–1.30pm				General swimming 1.30–7pm				School hols Inflatable		Lessons		Lane		Hire/closed				
TUE	Lanes 6–8am		Masterclass		Adults only 8–9.30am				General 9.30–10.30		Aqua Workout 10.30–11.30		Lane 11.30am–1.30pm		Adults only 1.30–4.30pm				Inflatable 4.30–5.30pm		General 5.30–7.30pm		Lane		Aqua Fitness 8–9pm						
WED	Lanes swimming only 6–8am				Lessons		General 9.30–10.30		Toddler/Therapy & 60 plus 10.30–11.30		Adults 11.30am–1.30pm		Lessons		School hols Inflatable		Lessons 4–6pm		Adults only 6–8pm				Hire/closed								
THU	Lanes 6–8am		Masterclass		Adults only 8–9.30am				General 9.30–10.30		School hols Inflatable		Adults 11.30am–1.30pm				General swimming 1.30–7pm				Lane		Chiltern Tri 8–9pm								
FRI	Lanes swimming only 6–8am				Adults only 8–9.30am				General 9.30–10.30		Aqua Workout 10.30–11.30		Lane 11.30am–1.30pm		Adults only 1.30–6pm				Adults 6–7pm		Hire/closed										
SAT	Closed				Adults only 8–9.30am				General 9.30–10.30		Aqua Workout 10.30–11.30		General swimming 11.30am–1.30pm				Inflatable 2–4pm		General 4–5pm		Adults 5–6pm		Hire/closed								
SUN	Closed				Adults only 8–10am				General swimming 10am–5pm								Adults 5–6pm				Hire/closed										