

BOOKING REQUIRED

See website
for details



Swimming Pool Timetable W/C 4 August 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	Public Swim		Public Swim				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		Public Swim					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		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		Fun Swim Session						NPLQ Course		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				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				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

Adult Swim	£4.75
Over 50's Swim	£4.25
Junior Swim	£3.75
Family Swim	£12.50

Non Members

Adult Swim	£6.25
Over 50's Swim	£5.75
Junior Swim	£4.50
Family Swim	£15.50