

BOOKING REQUIRED

See website
for details



Swimming Pool Timetable W/C 6 April 2026

	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	Public Swim	Public Swim	NPLQ Course	Public Swim	Public Swim	Public Swim	Public Swim	Fun Swim Session	NPLQ Course	Intensive Lessons	Public/ Private Lesson Swim	Public/ Private Lesson Swim	Adults Only/ Lanes Swim - Open Session																			
TUES	Adults Only Open Session	Aqua Pilates	NPLQ Course	Aqua Fit	Public Swim	Public Swim	Fun Swim Session	NPLQ Course	Intensive Lessons	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	NPLQ Course	Public Swim	Intensive Lessons	Public/ Private Lesson Swim	Public/ Private Lesson Swim	Adults Only/Lanes Swim - Open Session																						
THURS	Adults Only Open Session	NPLQ Course	Public Swim	Private Booking	Disability Swim	NPLQ Course	Intensive Lessons	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	NPLQ Course	Intensive Lessons	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	Fun Swim Session	Cleaning																					
SUN	Adults Only Open Session	Public Swim	Public 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	£5.00	Adult Swim	£6.50
Over 50's Swim	£4.50	Over 50's Swim	£6.00
Junior Swim	£4.00	Junior Swim	£4.75
Family Swim	£13.00	Family Swim	£16.00

