

## Main Pool

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Open for Public Swimming</b>	07:00 - 21:45	07:00 - 21:45	07:00 - 21:45	09:00 - 21:45	07:00 - 21:45	09:00 - 17:45	09:00-17:45

## Teaching Pool

Our teaching pool is regularly used for a variety of classes including Ducklings and Swimming Lessons, therefore access to this pool is only available at the times detailed below. Swimming Lessons can be booked by contacting the venue directly or the relevant Swimming Coordinator. Ducklings is open for general booking up to 7 days in advance. On Saturdays and Sundays when there is greater demand for the teaching pool, we operate band sessions which guarantees access for up to 1 hour. Please see session times below.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Open for Public Swimming</b>	15:10 - 16:00 <hr/> 19:20 - 21:45	09:00 - 21:45	09:00 - 12:30 <hr/> 15:10 - 16:00 <hr/> 20:00 - 21:45	12:10 - 12:40 <hr/> 14:40 - 16:00 <hr/> 18:00 - 19:00 <hr/> 19:20 - 21:45	15:10 - 16:00 <hr/> 20:00 - 21:45	<b>Session Times*</b> 12:30 – 13:30 13:30 – 14:30 14:30- 15:30 15:30 – 16:30 16:30 – 17:30 <b>Closes at 17:45</b>	<b>Session Times*</b> 12:30 – 13:30 13:30 – 14:30 14:30- 15:30  <b>Lessons begin at 16:00</b>
<b>Closed for Ducklings Class (Aged 4 months - 2.5 years)</b>	9:30 - 10:30 <hr/> 10:30 - 11:30				09:30 - 10:30 <hr/> 10:30 - 11:30		
<b>Closed for Ducklings Class (Aged 2.5 years - 5 years)</b>	11:30 - 12:30				11:30 - 12:30		