Members' Activity Timetable

Monday 12th April - Sunday 18th April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	06:00- 07:30 Adult Only Lane Swimming	06:00- 07:30 Adult Only Lane Swimming	06:00-07:30 Adult Only Lane Swimming	06:00-07:30 Adult Only Lane Swimming	06:00-07:30 Adult Only Lane Swimming	08:00 - 08:45 Adult Only Lane Swimming	09:00 - 09:45 Adult Only Lane Swimming
	07:45 - 09:30 Adult Only Lane Swimming	07:45 - 09:30 Adult Only Lane Swimming	07:45 - 09:30 Adult Only Lane Swimming	07:45 - 09:30 Adult Only Lane Swimming	07:45 - 09:30 Adult Only Lane Swimming	09:00 - 09:45 Family Splash/ Family Deep	10:00 - 10:45 Family Splash/ Family Deep
	13:00 - 13:45 Family Swim	13:00 - 13:45 Family Swim	13:00 - 13:45 Family Swim	13:00 - 13:45 Family Swim	13:00 - 13:45 Family Swim	10:00 - 10:45 Family Swim	11:15 - 12:00 Family Swim
	14:00 - 14:45 Lane Swimming	14:00 - 14:45 Lane Swimming	14:00 - 14:45 Lane Swimming	14:00 - 14:45 Lane Swimming	14:00 - 14:45 Lane Swimming	11:00 - 11:45 Fmily Splash/ Family Dive	12:30 - 13:15 Lane Swimming
	15:00 - 15:45 Adult Only Lane Swimming	15:00 - 15:45 Adult Only Lane Swimming	15:00 - 15:45 Adult Only Lane Swimming	15:00 - 15:45 Adult Only Lane Swimming	15:00 - 15:45 Adult Only Lane Swimming	12noon - 12:45 Lane Swimming	13:30 - 15:15 Adult Only Lane Swimming
	16:00 - 16:45 Family Swim	16:00 - 16:45 Family Swim	16:00 - 16:45 Family Swim	16:00 - 16:45 Family Swim	16:00 - 16:45 Family Swim	13:00 - 13:45 Adult Only Lane Swimming	15:30 - 16:15 Family Swim
	17:00 - 17:45 Family Splash/ Family Dive	17:00 - 17:45 Family Splash/ Family Dive	17:00 - 17:45 Family Splash/ Family Dive	17:00 - 17:45 Family Splash/ Family Dive	17:00 - 17:45 Family Splash/ Family Dive	14:00 - 15:45 Adult Only Lane Swimming	16:30 - 17:15 Adult Only Lane Swimming
	18:15 - 18:45 Adult Only Slow Lane Swimming	18:00 - 19:15 Adult Only Lane Swimming	18:15 - 19:00 Lane Swimming	18:00 - 19:00 Adult Only Lane Swimming	18:00- 18:45 Lane Swimming	16:15 - 17:00 Lane Swimming	
	19:00 -19:30 Adult Only Medium Lane Swimming					17:15 - 18:00 Family Swim	
	19:45 - 20:15 Adult Only Fast Lane Swimming					18:15 -19:00 Lane Swimming	
	20:30 - 21:00 Adult Only Lane Swimming					19:15 - 20:00 Adult Only Lane Swimming	
Sauna	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Fitness Suite	06:00 - 14:45	06:00 - 14:45	06:00 - 14:45	06:00 - 14:45	06:00 - 14:45	08:00 - 14:45	09:15 - 14:45
	17:15 - 20:45	17:15 - 20:45	17:15 - 20:45	17:15 - 20:45	17:15 - 20:45	17:15 - 19:30	17:30 - 19:15
Athletics Track	06:00 - 09:30	06:00 - 09:30	06:00 - 09:30	06:00 - 09:30	06:00 - 09:30	09:30 - 19:30	13:30 - 19:30
	16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	16:00 - 17:00		
Clay Tennis Courts	07:00 - 10:30	07:00 - 10:30	07:00 - 10:30	07:00 - 10:30	07:00 - 10:30	08:00 - 19:30	09:15 - 18:30
	11:30 - 20:15	11:30 - 20:15	11:30 - 20:15	11:30 - 20:15	11:30 - 20:15		

Adult Only Lane Swimming - Lane Swimming in the pool for Adult Members only (aged 16+) 5 Members' in a double lane

Adult Only Lane Swimming - Lane Swimming in the pool for Adult Members only (aged 16+) 3 Members' in a single lane with another activity in the other side of the pool

Adult Only Lane Swimming (Slow, Medium, Fast) - Lane swimming in the pool for Adult Members only (aged 16+), 3 Members in a single lane with another activity in the other side of the pool
Speed guide for Fast - 25m in less than 30 seconds, Medium 25m in 30-60 seconds, Slow 25 in more than 60 seconds

Lane Swimming - Lane swimming is for both adults and children. Children must be competent swimmers who can confidently swim lengths

Family Swim - a full double lane where families are able to have fun and to swim lengths.

Family DEEP - half a double lane, DEEP END only, for diving practice and jumping in. A fun session for confident swimmers, aged 8+.

Family Splash - the less confident Swimmer or those under 8 years old. The session is based at the shallow end of half a double lane.

Athletics Track - Inside two lanes of the Track are not to be used.