

Members' Activity Timetable

Monday 20th April - Sunday 26th April 2026

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|--|--|---|--|--|
| Pool | 06:00 - 07:30 Lane Swimming | 06:00 - 07:30 Lane Swimming | 06:00 - 07:00 Lane Swimming | 06:00 - 08:45 Members Swim | 06:00 - 07:30 Lane Swimming | 08:00 - 09:30 Members Swim | 09:00 - 10:30 Members Swim |
| | 07:30 - 09:00 Double Lane Swimming | 07:30 - 08:45 Members Swim | 07:00 - 08:30 Double Lane Swimming | 08:45 - 11:45 Adult Only Lane Swimming | 07:30 - 12:30 Members Swim | 09:30 - 11:00 Family Splash | 10:30 - 12:30 Family Splash |
| | 09:00 - 11:00 Adult Only Lane Swimming | 08:45 - 09:30 Adult Only Lane Swimming | 08:30 - 11:30 Adult Only Lane Swimming | 11:45 - 14:00 Members Swim | 12:30 - 14:00 Double Lane Swimming | 11:00 - 14:00 Adult Only Lane Swimming | 12:30 - 13:30 Adult Only Members Swim |
| | 11:00 - 13:00 Members Swim | 09:30 - 14:00 Members Swim | 11:30 - 12:30 Members Swim | 17:30 - 19:00 Members Swim | 15:00 - 16:30 Members Swim | 17:00 - 19:00 Members Swim | 16:00 - 17:00 Members Swim |
| | 13:00 - 14:00 Adult Only Lane Swimming | 17:30 - 19:30 Members Swim | 12:30 - 13:45 Double Lane Swimming | 19:00 - 20:00 Adult Only Members Swim | 18:00 - 19:00 Members Swim | 19:00 - 20:00 Adult Only Members Swim | |
| | 14:00 - 16:00 Members Swim | | 16:00 - 18:00 Adult Only Lane Swimming | | | | |
| | 17:30 - 19:30 Adult Only Lane Swimming | | 18:00 - 19:30 Members Swim | | | | |
| | 19:30 - 21:00 Adult Only Members Swim | | | | | | |
| Sauna | 07:00 - 21:00 | 07:00 - 14:00 17:30 - 21:00 | 07:00 - 13:45 16:00 - 21:00 | 07:00 - 14:00 17:30 - 21:00 | 07:00 - 13:30 15:30 - 16:30 18:00 - 21:00 | 09:00 - 14:00 17:00 - 20:00 | 10:00 - 15:00 16:00 - 19:00 |
| Fitness Suite | 06:00 - 21:00 | 06:00 - 14:00 18:00 - 21:00 | 06:00 - 15:00 16:30 - 21:00 | 06:00 - 14:00 18:00 - 21:00 | 06:00 - 16:30 18:00 - 21:00 | 08:00 - 14:00 17:00 - 20:00 | 09:00 - 13:00 16:00 - 19:30 |
| Athletics Track | 07:00 - 18:00 | 07:00 - 14:00 | 07:00 - 13:30 16:30 - 18:00 | 07:00 - 14:00 | 07:00 - 16:00 | 10:00 - 13:00 18:00 - 20:00 | 13:00 - 18:00 |
| Clay Tennis Courts | 07:00 - 21:00 | 07:00 - 14:00 20:15 - 21:00 | 07:00 - 14:00 17:00 - 21:00 | 07:00 - 14:00 20:15 - 21:00 | 08:00 - 16:00 18:15 - 21:00 | 08:00 - 12:00 18:00 - 20:00 | 09:00 - 10:00 16:00 - 19:00 |

Adult Only Memes Swim - Lane Swimming in half the pool and casual swimming in half the pool, for Adult Members only (aged 16+).

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

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

Lane Swimming - Lane Swimming in the pool for adults and children in a single lane with another activity in the other side of the pool

Family Splash- Sessions for families in half the pool with floats and Lane Swimming in the other half. (no sinkers are allowed in these sessions)

Members Swim - Lane Swimming in half the pool and casual swimming in half the pool, for Adult and Children Members.

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

Tennis courts - can be book online or via the TSC reception

* Please note on Tuesday morning 11:30am - 1:30pm the swimming pool and Fitness Suite is shared with Active Life Members'