

# Members' Activity Timetable

Monday 4th May - Sunday 10th May 2026

	Bank Holiday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	14:00 - 15:00 Double Lane Swimming	06:00 - 07:30 <b>Lane Swimming</b>	06:00 - 07:00 <b>Lane Swimming</b>	06:00 - 08:45 Members Swim	06:00 - 07:30 <b>Lane Swimming</b>	08:00 - 09:30 Members Swim	09:00 - 10:30 Members Swim
	15:00 - 16:00 Family Splash	07:30 - 08:45 Members Swim	07:00 - 08:30 Double Lane Swimming	08:45 - 11:45 <b>Adult Only Lane Swimming</b>	07:30 - 12:30 Members Swim	09:30 - 11:00 Family Splash	10:30 - 12:30 Family Splash
	16:00 - 17:00 Members Swim	08:45 - 09:30 <b>Adult Only Lane Swimming</b>	08:30 - 11:30 <b>Adult Only Lane Swimming</b>	11:45 - 14:00 Members Swim	12:30 - 14:00 Double Lane Swimming	11:00 - 14:00 <b>Adult Only Lane Swimming</b>	12:30 - 13:30 Adult Only Members Swim
	17:00 - 18:00 Adult Only 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 - 17:30 Members Swim
		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	
		16:00 - 18:00 <b>Adult Only Lane Swimming</b>	18:00 - 19:30 Members Swim				
Sauna	14:00 - 18:00	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 - 18:00	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	<b>CLOSED DUE TO EVENT</b>	07:00 - 11:00 12:30 - 14:00	07:00 - 13:30 16:30 - 18:00	07:00 - 11:00 12:30 - 14:00	07:00 - 16:00	07:00 - 13:00 18:00 - 20:00	13:00 - 18:00
Clay Tennis Courts	07:00 - 18:00	07:00 - 14:00 20:15 - 21:00	07:00 - 14:00 17:00 - 21:00	07:00 - 14:00 20:15 - 21:00	07:00 - 16:00 18:15 - 21:00	07:00 - 12:00 18:00 - 20:00	09:00 - 10:00 16:00 - 19:00

## Members Notice Sunday 3rd May and Monday 4th May Tonbridge Triathlon

TSC will be hosting the Tonbridge Triathlon on Monday 4th May. Car parking will be affected on the following dates: 11:30am - Close: Sunday 3rd May

No Parking will be available in the main car park due to the set up of the Tonbridge Triathlon event.

All Day: Monday 4th May

All TSC car parks will be closed to members, please find alternative parking