Members' Activity Timetable

Monday 9th November - Sunday 15th November 2026

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

Adult Only Membes 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'