

Session Descriptions



H₂O-ACTIVE

Active sessions are for those looking to use swimming for exercise purposes, or to improve fitness levels.

- Lane Swimming
- Early Morning Swim
- Lunchtime Swim



H₂O-SOCIAL

Social sessions are for those looking to get enjoyment out of swimming. These sessions enable you to swim with others of similar ability and are a great way to meet like-minded swimmers.

- General Swim
- Over 50s Swim



H₂O-WELLBEING

Wellbeing sessions are for those looking to use swimming to improve overall health, fitness and wellbeing. A great way to exercise, tone and relieve stress.

- Women Only Swim
- Adult Only Swim



H₂O-FAMILY

Family sessions have been specifically designed for those with children. The Family sessions offer a calm and enjoyable atmosphere for young and old alike - the perfect family day out.

- Family Swim
- Parent and Toddler



H₂O-PARTY

Party sessions are perfect for children and teenagers. These fun sessions offer a lively, energetic and exciting atmosphere - the perfect pool party!

- Inflatable Fun
- Pool Hire



Swim Life is the swimming lesson programme. Pupils progress through structured levels with a qualified swimming instructor, learning valuable skills and stroke techniques.

Policies

Main Pool

Children under the age of 4 years must be accompanied in the water by an adult (16 and over) on a 1:1 ratio. Children aged 4 – 7 must be accompanied by an adult (16 and over) on a 1:2 ratio.

Teaching Pool & Tiger Pool

Children under the age of 4 must be accompanied by an adult (16 and over) on a 1:2 ratio. Children aged 4 – 7 must be accompanied by an adult (16 and over) on a 1:2 ratio.

Pool Timetable

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
MAIN POOL	MON		ACTIVE Early Risers	WELLBEING Adults Only	SOCIAL General Swim	SOCIAL 50+ Lifestyle Swim	SOCIAL General Swim	SCHOOLS	SOCIAL General Swim	swimlife Lessons	SOCIAL General Swim	swimlife Lessons	SOCIAL General Swim	WELLBEING Adults Only Lanes	SWIM CLUB	DISABLED SWIM CLUB	WELLBEING Adults only
	TUE			WELLBEING Adults Only	SCHOOLS	SOCIAL General Swim			SCHOOLS	swimlife Lessons		SOCIAL General Swim	WELLBEING Adults Only Lanes	ACTIVE Aquatone	WELLBEING Ladies only	WELLBEING Adults only	
	WED		ACTIVE Early Risers	WELLBEING Adults Only	SOCIAL General Swim	ACTIVE Aquatone	SOCIAL 50+ Lifestyle Swim	SOCIAL General Swim	swimlife Lessons		swimlife Lessons	SOCIAL General Swim	WELLBEING Adults Only Lanes	ACTIVE Adults Only	ACTIVE Aquatone	WELLBEING Adults only	
	THU		ACTIVE Early Risers	WELLBEING Adults Only	SCHOOLS			SOCIAL General Swim	SCHOOLS	SOCIAL General Swim	swimlife Lessons	SOCIAL General Swim	WELLBEING Adults Only Lanes	SWIM CLUB		WELLBEING Adults only	
	FRI		ACTIVE Early Risers	WELLBEING Adults Only	SOCIAL General Swim	SOCIAL 50+ Lifestyle Swim	SOCIAL General Swim				swimlife Lessons	SOCIAL General Swim	WELLBEING Adults Only Lanes	SWIM CLUB			
	SAT			swimlife Lessons		FAMILY Parent & Toddler	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	PARTY Inflatable Fun	AVAILABLE FOR HIRE			
	SUN		ACTIVE Early Risers	swimlife Lessons		FAMILY Parent & Toddler	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	PARTY Inflatable Fun	AVAILABLE FOR HIRE		WELLBEING Adults only Swim		
TEACHING POOL	MON			FAMILY Family Swim	swimlife Swim Life Lessons	SOCIAL 50+ Lifestyle Swim	swimlife Swim Life Lessons	SCHOOLS	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim				
	TUE			WELLBEING ADULTS ONLY	SCHOOLS	swimlife Swim Life Lessons	SOCIAL General Swim	SCHOOLS	swimlife Swim Life Lessons	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim					
	WED			FAMILY Family Swim	swimlife Swim Life Lessons	SOCIAL 50+ Lifestyle Swim	swimlife Swim Life Lessons	SOCIAL General Swim	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim				
	THU			FAMILY Family Swim	SCHOOLS	swimlife Swim Life Lessons	FAMILY Family Swim	SCHOOLS	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim				
	FRI			FAMILY Family Swim	swimlife Lessons	SOCIAL 50+ Lifestyle Swim	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim	swimlife Swim Life Lessons	SOCIAL General Swim				
	SAT			swimlife Lessons		FAMILY Family Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	PARTY Inflatable Fun	AVAILABLE FOR HIRE				
	SUN		ACTIVE Early Risers	swimlife Lessons		FAMILY Family Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	SOCIAL General Swim	PARTY Inflatable Fun	AVAILABLE FOR HIRE				

We reserve the right to refuse admission

The pool will be cleared at least 5 minutes before the end of every session. Showers must be taken before the commencement of the swimming session. Babies and toddlers must wear protective nappies in the water. Available to purchase from reception.