

# Swimming Pool Programme

## Monday

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05.30 – 07.00	Clubs	50m
07.00 – 07.30	Clubs	50m (4 lanes)
07.00 – 07.30	Gold & Silver cardholders	50m (4 lanes)
07.30 – 09.00	General swimming	50m
09.00 – 09.40	Closed for changeover	
09.40 – 21.40	General swimming	25m Shallow
09.40 – 17.00	General swimming	25m Deep
17.00 – 19.30	Clubs	25m Deep
19.30 – 21.40	General swimming	25m Deep

## Tuesday

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06.30 – 07.30	Gold & Silver cardholders	25m Shallow
07.00 – 07.30	Gold & Silver cardholders	25m Deep & Shallow
07.30 – 21.40	General swimming	25m Shallow
07.30 – 17.00	General swimming	25m Deep
17.00 – 19.00	Clubs	25m Deep
19.00 – 21.40	General swimming	25m Deep

## Wednesday

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05.30 – 07.00	Clubs	50m
07.00 – 07.30	Clubs	50m (4 lanes)
07.00 – 07.30	Gold & Silver cardholders	50m (4 lanes)
07.30 – 09.00	General swimming	50m
09.00 – 10.00	Closed for changeover	
10.00 – 21.40	General swimming	25m Shallow
10.00 – 21.40	General swimming	25m Deep

## Thursday

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06.30 – 07.30	Gold & Silver cardholders	25m Shallow
07.00 – 07.30	Gold & Silver cardholders	25m Deep & Shallow
07.30 – 21.40	General swimming	25m Shallow
07.30 – 17.00	General swimming	25m Deep
17.00 – 21.40	Clubs	25m Deep

## Friday

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05.30 – 07.00	Clubs	50m
07.00 – 07.30	Clubs	50m (4 lanes)
07.00 – 07.30	Gold & Silver cardholders	50m (4 lanes)
07.30 – 09.00	General swimming	50m
09.00 – 09.40	Closed for changeover	
09.40 – 21.40	General swimming	25m Shallow
09.40 – 17.00	General swimming	25m Deep
17.00 – 21.00	Clubs	25m Deep
21.00 – 21.40	General swimming	25m Deep

## Saturday

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06.30 – 09.00	Clubs	50m
09.00 – 11.00	General swimming	50m (4 lanes minimum)
11.00 – 11.40	Closed for changeover	
11.40 – 13.00	Splash family session	25m Shallow
11.40 – 17.30	General swimming	25m Deep
13.00 – 17.30	General swimming	25m Shallow
17.30 – 18.10	Closed for changeover	
18.00 – 21.40	Clubs*	50m (4 lanes maximum)
18.10 – 21.40	General swimming*	50m (4 lanes minimum)

\* Galas as advertised will affect the above sessions (please see noticeboards and website)

## Sunday

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07.00 – 07.30	Gold & Silver cardholders	25m Deep & Shallow
07.30 – 17.30	General swimming	25m Shallow
07.30 – 17.30	General swimming	25m Deep
17.30 – 18.10	Closed for changeover	
18.10 – 21.40	Clubs	50m (4 lanes maximum)
18.10 – 21.40	General swimming	50m (4 lanes minimum)