

	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40		
MONDAY																																			
50m Pool	CITY OF NORWICH SWIM CLUB				EAST			POOL CHANGE OVER 09:00 - 09:40																											
Shallow Pool 25m										FILL AQUA FIT			SCHOOLS						SWIMMING LESSONS																
Deep Pool 25m																						CITY OF NORWICH SWIM CLUB				UEA WATERPOLO/TRI									
TUESDAY																																			
50m Pool																								CITY OF NORWICH SWIM CLUB				UEA WATERPOLO/SWIM							
Shallow Pool 25m																	POOL CHANGE OVER 16:20 - 17:00																		
Deep Pool 25m	CLUB									SCHOOLS									SCHOOLS						POOL CHANGE OVER 16:20 - 17:00										
WEDNESDAY																																			
50m Pool	CITY OF NORWICH SWIM CLUB							POOL CHANGE OVER 09:00 - 10:00																											
Shallow Pool 25m										FILL AQUA FIT			SWIMMING LESSONS																						
Deep Pool 25m										UEA SWIMMING CLUB						NORWICH SWANS																			
THURSDAY																																			
50m Pool																																			
Shallow Pool 25m				SWIM FIT			SCHOOLS						SCHOOLS																						
Deep Pool 25m	TRI ANGLIA									SCHOOLS			SCHOOLS						SCHOOLS			CITY OF NORWICH SWIM CLUB													
FRIDAY																																			
50m Pool	CITY OF NORWICH SWIM CLUB			STAFF TRAINING AND POOL CHANGEOVER																															
Shallow Pool 25m										SCHOOLS																									
Deep Pool 25m										UEA TRIATHLON						CITY OF NORWICH SWIM CLUB				UEA SWIMMING CLUB															
SATURDAY																																			
50m Pool	CITY OF NORWICH SWIM CLUB				EAST			POOL CHANGE OVER 11:00 - 11:40																											
Shallow Pool 25m											FAMILY FUN																								
Deep Pool 25m											UEA WATERPOLO																								
SUNDAY																																			
50m Pool																								NORWICH SWAN CLUBS				UEA SWIMMING CLUB							
Shallow Pool 25m													FAMILY FUN															POOL CHANGE OVER 17:20 - 18:00							
Deep Pool 25m																										POOL CHANGE OVER 17:20 - 18:00									

Please note that during school holiday periods, this timetable may alter to cater for extra activities and courses. Occasionally, we may also have to close the pool to accommodate club galas. Closure and timetable changes will be advertised on the website.

Key: Public Swimming Other Closed

Please note that the deep pool and 50 metre lane swimming sessions are for competent swimmers only - due to the depth of the pool (1.8 metres). The shallow pool will be at a depth of 1.2 metres unless stated otherwise. For Family Fun and from 16:00 - 17:30 every Monday and Wednesday depth will be 0.9m & for AquaFit depth will be 1.35m.