

New Swimming Pool Timetable

Riverside Ice & Leisure Centre

Accurate as of 17/05/2024

Times for Monday 15 April



| Time | Session | Facility |
|---------------|--|--------------------------------|
| 06:00 - 07:45 | Lane Swim -Whole pool double lanes | Main Pool 2m Depth (25m) |
| 08:40 - 11:55 | Lane Swim - 3 double lanes available | Main Pool Variable Depth (25m) |
| 09:00 - 09:45 | Aqua Deep | Main Pool 2m Depth (25m) |
| 09:50 - 19:15 | Lane Swim - 3 Double lanes (2m) | Main Pool 2m Depth (25m) |
| 12:00 - 12:45 | Aqua Cardio 1.3m | Main Pool Variable Depth (25m) |
| 12:45 - 13:45 | Musical Splash session with toys and nursery rhymes* | Learner & Splash Pool |
| 13:50 - 14:50 | Musical Splash session with toys and nursery rhymes* | Learner & Splash Pool |
| 14:05 - 14:50 | Active Health | Main Pool Variable Depth (25m) |
| 14:05 - 14:50 | Lane Swim - 1 double lane | Main Pool Variable Depth (25m) |
| 14:55 - 15:55 | Public lane swim | Main Pool Variable Depth (25m) |
| 18:15 - 19:15 | Womentime swim for ladies* | Main Pool Variable Depth (25m) |