

Swimming Pool Timetable

Sport and Active Health

Accurate as of 19/04/2026

Times for Monday 30 March



Time	Session	Facility
07:00 - 08:00	Lane Swimming (3 lanes)	Swimming Pool
08:00 - 09:00	Lane Swimming (4 lanes)	Swimming Pool
09:00 - 10:00	Half and Half	Swimming Pool
10:05 - 10:50	AL/S Aqua Exercise	Swimming Pool
11:00 - 12:00	Half and Half	Swimming Pool
12:00 - 19:00	Lane Swimming (4 lanes)	Swimming Pool
19:00 - 21:30	Closed	Swimming Pool