

Swimming Pool Timetable

Sport and Active Health

Accurate as of 23/05/2026

Times for Monday 25 May



Time	Session	Facility
07:00 - 08:00	Lane Swimming (4 lanes)	Swimming Pool
08:00 - 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 - 18:00	Lane Swimming (4 lanes)	Swimming Pool
18:00 - 19:00	Half and Half	Swimming Pool
19:00 - 21:30	Lane Swimming (4 lanes)	Swimming Pool