Swimming Pool Timetable

Sport and Active Health

Accurate as of 22/11/2026

Times for Monday 23 November

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
10:00 - 11:00	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