

Swim Sessions Timetable January 2022

Monday	7:30am ▶ 8:30am	9am ▶ 9:45am	10am ▶ 10:45am	11am ▶ 12pm	12:15pm ▶ 1pm	1:15pm ▶ 2pm	2:15pm ▶ 3pm	3pm ▶ 6pm	6pm ▶ 8pm
	Adults Only	Open Swim Aqua 9:15am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED	Open Swim - WITH RESTRICTIONS
Tuesday	7:30am ▶ 8:30am	9am ▶ 9:45am	10am ▶ 10:45am	11am ▶ 12pm	12:15pm ▶ 1pm	1:15pm ▶ 2pm	2:15pm ▶ 3pm	3pm ▶ 5:30pm	5:30pm ▶ 9pm
	Adults Only	Open Swim MAX 30	Open Swim	Open Swim MAX 30	Open Swim	Open Swim	Open Swim MAX 30	CLOSED	Open Swim - WITH RESTRICTIONS MAX 30 AT ANY ONE TIME
Wednesday	7:30am ▶ 8:30am	9am ▶ 9:45am	10am ▶ 10:45am	11am ▶ 12pm	12:15pm ▶ 1pm	1:15pm ▶ 2pm	2:15pm ▶ 3pm	3:30pm ▶ 5:30pm	6pm ▶ 9:45pm
	Adults Only	Sensory Friendly	Open Swim MAX 30	Open Swim Max 30	Open Swim Max 30	Open Swim MAX 30	Open Swim MAX 30	Open Swim Max 30	Open Swim - WITH RESTRICTIONS MAX 25 3 OPEN LANES 7PM 3 OPEN LANES 8PM 2 OPEN LANES 9PM
Thursday	7:30am ▶ 8:30am	9am ▶ 9:45am	10am ▶ 10:45am	11am ▶ 12pm	12:15pm ▶ 1pm	1:15pm ▶ 2pm	2:15pm ▶ 3pm	3pm ▶ 6pm	6pm ▶ 9:45pm
	Adults Only	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim MAX 30	Open Swim MAX 30	CLOSED	Open Swim WITH RESTRICTIONS MAX 30 AT ANY ONE TIME
Friday	7:30am ▶ 8:30am	9am ▶ 9:45am	10am ▶ 10:45am	11am ▶ 12pm	12:15pm ▶ 1pm	1:15pm ▶ 2pm	2:15pm ▶ 3pm	3pm ▶ 6pm	6pm ▶ 9pm
	Adults Only	Open Swim	Open Swim	Open Swim Max 30	Open Swim	Open Swim Max 30	Open Swim	CLOSED	Family Swim MAX 30 AT ANY ONE TIME
Saturday	9am ▶ * 10:30am	11am ▶ * 12:30pm	1pm ▶ 1:45pm	2:15pm ▶ 3:15pm	3:45pm ▶ 4:45pm	5pm ▶ 5:45pm	* CHILDREN'S LESSONS TAKING PLACE LEARNER POOL UNAVAILABLE		
	Open Swim MAX 30	Open Swim MAX 30	Open Swim MAX 30	Open Swim Max 100	Open Swim Max 100	Open Swim MAX 30			
Sunday	10am ▶ 10:45am	11:15am ▶ 12pm	12:30pm ▶ 1:30pm	2pm ▶ 2:45pm	3:15pm ▶ 4:15pm	4:45pm ▶ 5:45pm	* CHILDREN'S HOURS: 9AM TO 7PM MONDAY TO THURSDAY 9AM TO 9PM FRIDAY ALL DAY SATURDAY, SUNDAY AND BANK HOLIDAYS		
	Open Swim MAX 50	Open Swim MAX 50	Open Swim Max 100	Open Swim Max 100	Open Swim Max 100	Open Swim			

