



# Training Pool Timetable



15<sup>th</sup> April 2024 - 31<sup>st</sup> May 2024

		7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm
<b>MON</b>	Deep Water	Early Bird Lane Swimming 7 – 8.45am	Lane Swimming 9am – 7.15pm											Private Hire 7.30 – 9pm	
	Shallow Water		General Swim 9am – 1.15pm				Aquafit 1.30-2.15pm	Swim 4 Me 2.30-3.45pm	Junior Lessons 4 - 5.30pm	Deep Water Aquafit 6.15-7pm					
<b>TUE</b>	Deep Water	Early Bird Lane Swimming 7 – 8.45am	Staff Training 8 – 9am	Lane Swimming 9am – 9pm					Lessons 4-6pm 1 Lane		Lane Swimming		General Swim 8-9pm		
	Shallow Water		General Swim 9 – 11.15am	Aquafit 11.30am-12.15pm	General Swim 12.30–3.45pm			Junior Lessons 4 – 6.00pm		Adult Lessons 6.15 – 7pm	Private Hire 7 – 8pm	Activ8 8-9pm			
<b>WED</b>	Deep Water	Early Bird Lane Swimming 7 – 8.45am	Lane Swimming 9am – 9pm					Lessons 4-6pm 1 Lane		Lane Swimming					
	Shallow Water		General Swim 9am – 3.45pm				Junior Lessons 4 - 6.00pm		Manx Youth Games* 6.15 – 8.00pm		General Swim 8-9pm				
<b>THU</b>	Deep Water	Early Bird Lane Swimming 7 – 8.45am	Lane Swimming 9am – 8pm											Staff Training 8 – 9pm	
	Shallow Water		General Swim 9am-12pm	Aquafit 12.10 -12.55pm	General Swim 1.15 – 3.45pm			Swim Lessons 4 – 5pm	Rookies 5–5.45pm	Deep Water Aquafit 6 - 6.45	Private Hire 7 - 8.30pm				
<b>FRI</b>	Deep Water	Lane Swimming 6.30am – 5.30pm											Private Hire 5.45 – 9pm		
	Shallow Water	Early Bird Lane Swimming 6.30 – 8.45am	General Swim 9am – 12pm		Adult Lessons 12.15-1pm	General Swim 1.15 – 3.45pm		Junior Lessons 4 - 5.30pm							
<b>SAT</b>	Deep Water	Closed	Junior Lessons 8.30 - 10.30am		Lane Swimming 10.45am - 6.00pm						Deep Clean	Closed			
	Shallow Water		General Swim 10.45-12pm	Fun Session 12.30-2pm	Fun Session 2.30-4pm	General Swim 4.30-6.00pm									
<b>SUN</b>	Deep Water	Closed	Junior Lessons 9 - 10.30am		Lane Swimming 10.45am - 5.15pm						Private Hire 5:30 – 8pm	Closed			
	Shallow Water		General Swim 10.45-12pm	Fun Session 12.30-2pm	Fun Session 2.30-4pm	General Swim 4.30-5.15pm									

The Pool Timetable is subject to change. Please keep an eye out on the NSC Facebook Page/posters up around the Centre for any changes to the above programme.

\*Up to the 8<sup>th</sup> May 2024