

NSC Training Pool Timetable

1st November - 19th December 2021

		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	
MON	Deep Water	Early Bird Lane Swimming 7 – 8.45am		School Swimming 9 – 11.30am			Lane Swimming 11.45am – 7.15pm								Private Hire 7.30 – 9pm	
	Shallow Water						General Swim 11.45 - 1.15pm		Aquafit 1.30-2.15pm	Swim 4 Me 2.30-3.45pm	Junior Lessons 4 - 5.30pm	DW AquaBlast 5.45-6.15	DW Aquafit 6.30-7.15			
TUE	Deep Water		Staff Training 8 – 9am	School Swimming 9 – 11am			Lane Swimming 11.15am – 8.00pm								Ladies Only 8 – 9pm	
	Shallow Water	Early Bird Lane Swimming 7 – 8.45am					Aquafit 11.30-12.15		School Swimming 1 – 3pm	General Swim 3.15–3.45pm	Junior Lessons 4 – 6.00pm	Adult Lessons 6 – 6.45pm	Private Hire 7 – 8pm			
WED	Deep Water	Early Bird Lane Swimming 7 – 8.45am		School Swimming 9 – 12pm			Lane Swimming 11.15am – 8pm								AquaJogging 8 – 9pm	
	Shallow Water						General Swim 12.15-1pm		School Swimming 1.15 –2.45pm	General Swim 3 – 3.45pm	Junior Lessons 4 - 6.00pm	Activ8 Session 6.15–7pm	General Swim 7.00 – 9.00pm			
THU	Deep Water	Early Bird Lane Swimming 7 – 8.45am		School Swimming 9 – 12pm			Lane Swimming 11.15am – 8pm								Staff Training 8 – 9pm	
	Shallow Water						Aquafit 12.10 - 12.55pm		School Swimming 1 – 3pm	General Swim 3.15 – 4.45pm	Swim Lessons 4 – 5pm	Rookies 5–5.45pm	Deep Water Aquafit 6 - 6.45	Private Hire 7 - 8.30pm		
FRI	Deep Water	Private Hire	Lane Swimming 8.15 – 9.45am	School Swimming 10 – 12pm			Lane Swimming 12.15 – 5.30pm					Private Hire 5.45 – 9pm				
	Shallow Water	Early Bird Lane Swimming 6.30 – 8.45am		School Swimming 9 – 12pm			General Swim 12.15 - 1pm		School Swimming 1.15 –2.45pm	General Swim 3 – 3.45pm	Junior Lessons 4 - 5.30pm					
SAT	Deep Water	Closed		Junior Lessons 8.30 - 10.30am			Lane Swimming 10.45am - 6.00pm					Deep Clean		Closed		
	Shallow Water						Fun Session 10.45-12pm		Fun Session 12.30-2pm		Fun Session 2.30-4pm		Quiet Session 4.30-6.00pm			
SUN	Deep Water	Closed		Junior Lessons 9 - 10.30am			Lane Swimming 10.45am - 5.30pm					Private Hire 6 – 8pm		Closed		
	Shallow Water						Quiet Session 10.45-12pm		Fun Session 12.30-2pm		Fun Session 2.30-4pm		General Swim 4.30-5.30pm			

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.