

NSC Training Pool Timetable

25th April - 22nd July 2022

		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 7.00 – 9.00am		Lane Swimming 9.00am - 7.15pm								Private Hire 7.30 – 9pm			
	Shallow Water	General Swim 9.00am -1.15pm				AquaFit 1.30-2.15pm	Swim 4 Me 2.30-3.45	Junior Lessons 4 - 5.30pm	DW AquaBlast 5.45–6.15pm	DW AquaFit 6.30–7.15pm					
TUE	Deep Water		Staff Training 8 – 9am	Lane Swimming 9.00am – 9.00pm											
	Shallow Water	Early Bird Lane Swimming 7.00 – 9.00am		9.00am - 11.15am		AquaFit 11.30-12.15pm		General Swim 12.30 - 3.45pm		Junior Lessons 4 – 6.00pm	Adult Lessons 6 - 6.45pm		Private Hire 7–8pm		
WED	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am – 9.00pm								General Swim 7 – 9pm			
	Shallow Water	General Swim 9.00am – 3.45pm				Junior Lessons 4 - 5.30pm	Activ8 Session 6 – 6.45pm								
THU	Deep Water	Early Bird Lane Swimming 7.00 – 9.00am		Lane Swimming 9.00am – 8.00pm										Staff Training 8 – 9pm	
	Shallow Water	General Swim 9.00am - 11.45am		AquaFit 12.10-12.55pm	General Swim 1.00 - 3.45pm		Junior Lessons 4 – 5pm	Rookies 5 – 5.45pm	Deep Water AquaFit 6 - 6.45pm	Private Hire 7-8.30pm					
FRI	Deep Water	Private Hire	Lane Swimming 8.15am - 5.30pm								Private Hire 5.45 – 9pm				
	Shallow Water	Early Bird Swimming 6.30 – 9.00am		General Swim 9.00am - 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			Junior Lessons 8.30 - 10.30am		Fun Session 10.45 - 12pm	Fun Session 12.30 – 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 – 6.00pm						
SUN	Deep Water	Closed		Junior Lessons 9.00 - 10.30am		Lane Swimming 10.45am - 5.30pm						Private Hire 6 – 8pm		Closed	
	Shallow Water			Junior Lessons 9.00 - 10.30am		Quiet Session 10.45 – 12pm	Fun Session 12.30 - 2pm	Fun Session 2.30 – 4pm	General Swim 4.30 – 5.30pm						

The above Pool Timetable is subject to change in order to accommodate events and training.

Please keep an eye out on the NSC Facebook Page / posters up around the Centre for any changes to the above programme.