Leisure Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00	Quiet Session 9:00-10:15	Quiet Session 9:00-10:15
						Fun Session 10:45-12:00	Fun Session 10:45-12:00
PM	Fun Session 12:30-2:00	Fun Session 12:30-2:00	Fun Session 12:30-2:00	Fun Session 12:30-2:00	Fun Session 12:30-2:00	Fun Session 12:30-2:00	Fun Session 12:30-2:00
	Fun Session 2:30-4:00	Fun Session 2:30-4:00	Fun Session 2:30-4:00	Fun Session 2:30-4:00	Fun Session 2:30-4:00	Fun Session 2:30-4:00	Fun Session 2:30-4:00

Beach Pool & Coral Cove only

Flow Pool, Beach Pool & Coral Cove

Memberships

1 month Memberships

Age Group	Price
Junior 8 – 17 yrs	£20.40
Adult 18 – 64 yrs	£29.15

3 month Memberships

Age Group	Price
Junior 8 – 17 yrs	£56.10
Adult 18 – 64 yrs	£80.15

Training Pool: Lane Swimming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Early Birds 7:00-8:45	Early Birds 7:00-8:45	Early Birds 7:00-8:45	Early Birds 7:00-8:45	Early Birds 6:30-8:45		
PM	09:00-19:15	09:00-12:00	09:00-12:30	9:00-16:30	09:00-12:00	09:00-10:15	09:00-10:15
		12:30-16:30	12:30-16:30		12:30-16:30	10:15-16:30	10:15-16:30
		16:30-17.45	16:30-18.00	16:30-17.45	16:30-17:30	16:30-18:00	16:30-17:30
		17:45-19:00	18:00-19:00	17:45-20:00			
		19:00 - 21:00	19:15 - 21:00				

Shallow & Deep Pool

Deep Pool only

Shallow Pool only

Prices

Age Group	Price
Infant 0 – 3 yrs	FREE
Child 4 – 7 yrs	£2.35
Junior 8 – 17 yrs	£3.30
Adult 18 – 64 yrs	£4.70
Senior 65+ yrs	£3.30
Student	£3.30

Book ahead for fun sessions, by visiting MSR.GOV.IM or contacting NSC Reception