



# Training Pool Timetable



24<sup>th</sup> April 2023 - 1<sup>st</sup> June 2023

		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 6-6.45pm					
<b>TUE</b>	Deep Water	Early Bird Lane Swimming 7 – 8.45am	Staff Training 8 – 9am	Lane Swimming 9am – 7.45pm							Lessons 5-6pm 1 Lane	Lane Swimming		General Swim	
	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 – 6.45pm	Private Hire 7 – 8pm	General Swim 8-9pm				
<b>WED</b>	Deep Water	Early Bird Lane Swimming 7 – 8.45am	Lane Swimming 9am – 9pm								Lessons 5-6pm 1 Lane	Lane Swimming			
	Shallow Water		General Swim 9am – 3.45pm					Junior Lessons 4 - 6.00pm	General Swim 6.15 – 9.00pm						
<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	Private Hire	Lane Swimming 8.15am – 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 - 5.30pm							Private Hire 6 – 8pm	Closed			
	Shallow Water			General Swim 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.