

5th January 2026 - 29th March 2026

MON					TUE					WED					THU					FRI					SAT					SUN					LANE																														
LANE	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	LANE																																		
0600	Lane Swimming					EASC	Lane Swimming					EASC	Lane Swimming					Lane Swimming					Closed					Closed					0600																																
0615																							Closed					Closed					0615																																
0630																							Closed					Closed					0630																																
0645																							Closed					Closed					0645																																
0700	0600 - 0900					EASC	0600 - 0900					EASC	0600 - 0900					0600 - 0900					Lane Swimming					Lane swimming					0700																																
0715																							Lane Swimming					EASC					0700 - 1200					0715																											
0730																							0700 - 1200					0700 - 1200					0700 - 1200					0730																											
0745																							0700 - 1200					0700 - 1200					0700 - 1200					0745																											
0800	0600 - 0900					EASC	0600 - 0900					EASC	0600 - 0900					0600 - 0900					Swim Lessons					0700-0900					0800																																
0815																																	Swim Lessons					Swim Lessons					Swim Lessons					0815																	
0830																																																Swim Lessons					Swim Lessons					Swim Lessons					0830		
0845																																																															Swim Lessons		
0900	Aquacise					Aquacise					Aquacise					Aquacise					0900																																												
0915	0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0915																																												
0930	0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0930																																		
0945	0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0915 - 1000					0945																													
1000	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Swim Lessons					1000																														
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1100	1000 - 1200					1000 - 1200					1000 - 1200					1000 - 1200					1100																																												
1115	1000 - 1200					1000 - 1200					1000 - 1200					1000 - 1200					1115																																												
1130	1000 - 1200					1000 - 1200					1000 - 1200					1000 - 1200					1000 - 1200					1000 - 1200					1130																																		
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1200	Lane Swimming					Aquacise					Lane Swimming					Aquacise					Lane Swimming					Lane Swimming					Public Swimming					1200																													
1215						1200 - 1230										1200 - 1230										1200 - 1230										1215																													
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1300	Public Swimming					Public Swimming					Public Swimming					Public Swimming					Public Swimming					Public Swimming					1300																																		
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1400	0800 - 1530					0800 - 1530					0800 - 1530					0800 - 1530					1400																																												
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1500	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Swim Lessons					1500																														
1515																																			Swim Lessons					Swim Lessons					Swim Lessons					1515															
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1545																																																																	Swim Lessons
1600	Swim Lessons					Swim Lessons					Swim Lessons					Swim Lessons					1600																																												
1615	Swim Lessons					Swim Lessons					Swim Lessons					Swim Lessons					1615																																												
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1645	Swim Lessons					Swim Lessons					Swim Lessons					Swim Lessons					Swim Lessons					Swim Lessons					Swim Lessons					1645																													
1700	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Lane Swimming	Swim Lessons					Swim Lessons					1700																														
1715																																			Swim Lessons					Swim Lessons					Swim Lessons					1715															
1730																																																		Swim Lessons					Swim Lessons					Swim Lessons					1730
1745																																																																	Swim Lessons
1800	1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1800																																												
1815	1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1815																																												
1830	1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1830																																		
1845	1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1530 - 1900					1845																													
1900	Aqua Run - 8-16 yrs only					Aquacise					Lane Swimming					Swim Lessons					Lane Swimming					Lane Swimming					Public Swimming					1900																													
1915						1910 - 1950										1910 - 1950										1910 - 1950										1915																													
1930						1915 - 2000										1915 - 2000										1915 - 2000										1915 - 2000					1930																								
1945						1915 - 2000										1915 - 2000										1915 - 2000										1915 - 2000					1945																								
2000	Adult only lane swimming					Lane Swimming	Public Swimming					Staff Training					Lane Swimming	Public swimming					EASC					Lane Swimming	Public swimming					Closed					Closed					2000																					
2015							2000-2100											2000-2100											2000-2100										2000-2100					2015																					
2030							2000-2100											2000-2100											2000-2100										2000-2100					2000-2100					2030																
2045							2000-2100											2000-2100											2000-2100										2000-2100					2000-2100					2000-2100					2045											
2100	Adult only lane swimming					Lane Swimming	Lights out session ADULTS ONLY					Kayak Club					Lane Swimming	1930 - 2130					1930 - 2130					1900 - 2200					1900 - 2200					1900 - 2200					2100																						
2115							2100 - 2200											2100 - 2200										2100 - 2200										2100 - 2200					2100 - 2200					2115																	
2130							2100 - 2200											2100 - 2200										2100 - 2200										2100 - 2200					2100 - 2200					2100 - 2200					2130												
2145							2100 - 2200											2100 - 2200										2100 - 2200										2100 - 2200					2100 - 2200					2100 - 2200					2100 - 2200					2145							
LANE	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	LANE																																		