

Hadrian Leisure Centre

ST PETER'S ROAD, WALLSEND, NE28 7LQ

POOL PROGRAMME



North Tyneside Council

Summer Holiday
Pool Programme
2025



hadrianleisure



@NTCLeisure



(0191) 643 2025

MONDAY

21 July

Public swimming:

| Main pool | |
|---|--|
| 7.15am–9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am–1pm | |
| 3.00pm–9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am–8am | |
| 8.45am–9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|-------------------|--|
| 1.30–3pm | Toy and floats |
| 7pm – 8.30pm | North Tyneside swimming club (4 lanes) Public also swimming available |
| 8.30pm – 9.30pm | Swim to Trim (£1 a session) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30–3pm | Toys and Floats |

22 July

Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 7pm | |
| 8.00pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|-----------------------|
| 7.15pm – 8pm | AquaFit (shallow end) |

WEDNESDAY

23 July

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.10am | |
| 10am – 12.30pm | |
| 3pm – 6.45pm | |
| 7.45pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 8am | |
| 9am – 6.45pm | |
| 8pm – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|-------------------|--------------------------|
| Main pool | |
| 9.15am – 10am | Aquafit (shallow end) |
| 12.30pm – 1.30pm | Staff Training (2 lanes) |
| 1.30pm – 3pm | Toys and floats |
| 7pm – 7.45pm | Aquafit (shallow end) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30pm – 3pm | Toys and floats |

THURSDAY

24 July

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 7.30pm | |
| 8.30pm – 9.30pm (adults only) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|------------------|---------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aquafit (shallow end) |
| 7.45pm – 8.30pm | Aquafit (shallow end) |
| 8.30pm – 9.30pm | Twilight Swim (dimmed lighting) |

25 July

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 7.15am - 6.30pm | |
| Lane swimming (main pool) | |
| 7.15am - 9.25am | |
| 10.30am - 1pm | |
| 3pm - 6.30pm | |
| Small pool | |
| 7.15am - 6.30pm | |

Activities:

| | |
|-------------------|---|
| Main pool | |
| 9.30am - 10.15am | Aqua Zumba (shallow end) |
| 1.30pm - 2.45pm | Summer Pool Party – inflatable |
| Small pool | |
| 1.30 - 2.45pm | Summer Pool Party – pool dye, Toys and Floats |

26 July

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am – 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am – 9.45am | |
| 11am – 1.45pm | |
| Small pool | |
| 8.15am – 3.15pm | |

Activities:

| | |
|-------------------|--------------------------------------|
| Main pool | |
| 10am – 10.45am | Aquafit (shallow end) |
| 2.15pm – 3.15pm | Inflatable Obstacle Course (drop in) |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |
| Small pool | |
| 2.15pm – 3.15pm | Toys and Floats |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |

*Please call if access to 'changing places' facilities is required before the start time of the session

SUNDAY

27 July

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am - 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am - 3.15pm | |
| Small pool | |
| 8.15am - 3.15pm | |

Activities:

| | |
|-------------------|-------------------------|
| Main pool | |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Club Hire |
| Small pool | |
| 3.45pm - 4.45pm | Pool Parties (bookable) |

28 July

Public swimming:

| |
|---|
| Main pool |
| 7.15am–9.30pm (adults only from 8.30pm) |
| Lane swimming (main pool) |
| 7.15am–1pm |
| 3pm–9.30pm (adults only from 8.30pm) |
| Small pool |
| 7.15am–8am |
| 8.45am–9.30pm (adults only from 8.30pm) |

Activities:

| | |
|-------------------|--|
| Main pool | |
| 1.30–3pm | Toy and floats |
| 7pm – 8.30pm | North Tyneside swimming club (4 lanes) Public also swimming available |
| 8.30pm – 9.30pm | Swim to Trim (£1 a session) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30–3pm | Toys and Floats |

TUESDAY

29 July

Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 7pm | |
| 8.00pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|-----------------------|
| 7.15pm – 8pm | AquaFit (shallow end) |

30 July

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.10am | |
| 10am – 12.30pm | |
| 3pm – 6.45pm | |
| 7.45pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 8am | |
| 9am – 6.45pm | |
| 8pm – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|-------------------|--------------------------|
| Main pool | |
| 9.15am – 10am | Aquafit (shallow end) |
| 12.30pm – 1.30pm | Staff Training (2 lanes) |
| 1.30pm – 3pm | Toys and floats |
| 7pm – 7.45pm | Aquafit (shallow end) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30pm – 3pm | Toys and floats |

THURSDAY

31 July

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 7.30pm | |
| 8.30pm – 9.30pm (adults only) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|------------------|---------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aquafit (shallow end) |
| 7.45pm – 8.30pm | Aquafit (shallow end) |
| 8.30pm – 9.30pm | Twilight Swim (dimmed lighting) |

1 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 7.15am – 8.30pm | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 1pm | |
| 3.30pm – 8.30pm | |
| Small pool | |
| 7.15am – 1.30pm | |
| 3pm – 8.30pm | |

Activities:

| | |
|-------------------|---------------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aqua Zumba (shallow end) |
| 1.30pm – 2.45pm | Inflatable Obstacle Course (bookable) |
| Small pool | |
| 1.30 – 3pm | Toys and Floats |

2 August

Public swimming:

| |
|----------------------------------|
| Main pool |
| 8.15am – 3.15pm |
| Lane swimming (main pool) |
| 8.15am – 9.45am |
| 11am – 1.45pm |
| Small pool |
| 8.15am – 3.15pm |

Activities:

| | |
|-------------------|-------------------------------------|
| Main pool | |
| 10am – 10.45am | Aquafit (shallow end) |
| 2.15–3.15pm | Inflatable obstacle course -drop in |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |
| Small pool | |
| 2.15–3.15pm | Toys and floats |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |

*Please call if access to 'changing places' facilities is required before the start time of the session

SUNDAY

3 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am – 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am – 3.15pm | |
| Small pool | |
| 8.15am – 3.15pm | |

Activities:

| | |
|-------------------|-------------------------|
| Main pool | |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Club Hire |
| Small pool | |
| 3.45pm – 4.45pm | Pool Parties (bookable) |

MONDAY

4 August

Public swimming:

| |
|---|
| Main pool |
| 7.15am–9.30pm (adults only from 8.30pm) |
| Lane swimming (main pool) |
| 7.15am–1pm |
| 3.00pm–9.30pm (adults only from 8.30pm) |
| Small pool |
| 7.15am–8am |
| 8.45am–9.30pm (adults only from 8.30pm) |

Activities:

| | |
|-------------------|--|
| Main pool | |
| 1.30–3pm | Toy and floats |
| 7pm – 8.30pm | North Tyneside swimming club (4 lanes) Public also swimming available |
| 8.30pm – 9.30pm | Swim to Trim (£1 a session) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30–3pm | Toys and Floats |

TUESDAY

5 August

Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 7pm | |
| 8.00pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|-----------------------|
| 7.15pm – 8pm | Aquafit (shallow end) |

6 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.10am | |
| 10am – 12.30pm | |
| 3pm – 6.45pm | |
| 7.45pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 8am | |
| 9am – 6.45pm | |
| 8pm – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|-------------------|--------------------------|
| Main pool | |
| 9.15am – 10am | Aquafit (shallow end) |
| 12.30pm – 1.30pm | Staff Training (2 lanes) |
| 1.30pm – 3pm | Toys and floats |
| 7pm – 7.45pm | Aquafit (shallow end) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30pm – 3pm | Toys and floats |

THURSDAY

7 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 7.30pm | |
| 8.30pm – 9.30pm (adults only) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|------------------|---------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aquafit (shallow end) |
| 7.45pm – 8.30pm | Aquafit (shallow end) |
| 8.30pm – 9.30pm | Twilight Swim (dimmed lighting) |

8 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 7.15am – 8.30pm | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 1pm | |
| 3.30pm – 8.30pm | |
| Small pool | |
| 7.15am – 1.30pm | |
| 3pm – 8.30pm | |

Activities:

| | |
|-------------------|---------------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aqua Zumba (shallow end) |
| 1.30pm – 2.45pm | Inflatable Obstacle Course (bookable) |
| Small pool | |
| 1.30 – 3pm | Toys and Floats |

9 August

Public swimming:

| |
|----------------------------------|
| Main pool |
| 8.15am – 3.15pm |
| Lane swimming (main pool) |
| 8.15am – 9.45am |
| 11am – 1.45pm |
| Small pool |
| 8.15am – 3.15pm |

Activities:

| | |
|-------------------|--------------------------------------|
| Main pool | |
| 10am – 10.45am | Aquafit (shallow end) |
| 2.15pm – 3.15pm | Inflatable Obstacle Course (drop in) |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |
| Small pool | |
| 2.15pm – 3.15pm | Toys and Floats |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |

*Please call if access to 'changing places' facilities is required before the start time of the session

10 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am - 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am - 3.15pm | |
| Small pool | |
| 8.15am - 3.15pm | |

Activities:

| | |
|-------------------|-------------------------|
| Main pool | |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Club Hire |
| Small pool | |
| 3.45pm - 4.45pm | Pool Parties (bookable) |

11 August

Public swimming:

| |
|---|
| Main pool |
| 7.15am–9.30pm (adults only from 8.30pm) |
| Lane swimming (main pool) |
| 7.15am–11am |
| 3.00pm–9.30pm (adults only from 8.30pm) |
| Small pool |
| 7.15am–8am |
| 8.45am–9.30pm (adults only from 8.30pm) |

Activities:

| | |
|-------------------|--|
| Main pool | |
| 11am–1pm | Lifeguard course (2 lanes) |
| 1.30–3pm | Toy and floats |
| 7pm – 8.30pm | North Tyneside swimming club (4 lanes) Public also swimming available |
| 8.30pm – 9.30pm | Swim to Trim (£1 a session) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30–3pm | Toys and Floats |

TUESDAY

12 August

Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 10am | |
| 1pm – 2.30pm | |
| 4.30pm – 7pm | |
| 8.00pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|----------------------------|
| 10am – 1pm | Lifeguard course (2 lanes) |
| 2.30pm – 4.30pm | Lifeguard course (2 lanes) |
| 7.15pm – 8pm | Aquafit (shallow end) |

WEDNESDAY

13 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.10am | |
| 3pm – 6.45pm | |
| 7.45pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 8am | |
| 9am – 1.30pm | |
| 3pm – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|-------------------|----------------------------|
| Main pool | |
| 9.15am – 10am | Aquafit (shallow end) |
| 10am – 1pm | Lifeguard course (2 lanes) |
| 12.30pm – 1.30pm | Staff Training (2 lanes) |
| 1.30pm – 3pm | Toys and floats |
| 7pm – 7.45pm | Aquafit (shallow end) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30pm – 3pm | Toys and floats |

THURSDAY

14 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 1pm – 7.30pm | |
| 8.30pm – 9.30pm (adults only) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|------------------|---------------------------------|
| Main pool | |
| 9.30am – 10.15am | AquaFit (shallow end) |
| 10.15am – 1pm | Lifeguard course (2 lanes) |
| 7.45pm – 8.30pm | AquaFit (shallow end) |
| 8.30pm – 9.30pm | Twilight Swim (dimmed lighting) |

FRIDAY

15 August

Public swimming:

| |
|----------------------------------|
| Main pool |
| 7.15am – 8.30pm |
| Lane swimming (main pool) |
| 7.15am – 9.25am |
| 10.30am – 1pm |
| 3.15pm – 8.30pm |
| Small pool |
| 7.15am – 1.30pm |
| 3pm – 8.30pm |

Activities:

| | |
|-------------------|---------------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aqua Zumba (shallow end) |
| 1.30pm – 2.45pm | Inflatable Obstacle Course (bookable) |
| 4pm – 6pm | Lifeguard course (2 lanes) |
| Small pool | |
| 1.30 – 2.45pm | Toys and Floats |

16 August

Public swimming:

| |
|----------------------------------|
| Main pool |
| 8.15am – 3.15pm |
| Lane swimming (main pool) |
| 8.15am – 10.25am |
| 11am – 1.45pm |
| Small pool |
| 8.15am – 3.15pm |

Activities:

| | |
|-------------------|--------------------------------------|
| Main pool | |
| 10am – 10.45am | Aquafit (shallow end) |
| 2.15pm – 3.15pm | Inflatable Obstacle Course (drop in) |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |
| Small pool | |
| 2.15pm – 3.15pm | Toys and Floats |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |

*Please call if access to 'changing places' facilities is required before the start time of the session

17 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am - 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am - 3.15pm | |
| Small pool | |
| 8.15am - 3.15pm | |

Activities:

| | |
|-------------------|-------------------------|
| Main pool | |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Club Hire |
| Small pool | |
| 3.45pm - 4.45pm | Pool Parties (bookable) |



MONDAY

18 August

Public swimming:

| |
|---|
| Main pool |
| 7.15am–9.30pm (adults only from 8.30pm) |
| Lane swimming (main pool) |
| 7.15am–1pm |
| 3.00pm–9.30pm (adults only from 8.30pm) |
| Small pool |
| 7.15am–8am |
| 8.45am–9.30pm (adults only from 8.30pm) |

Activities:

| | |
|-------------------|--|
| Main pool | |
| 1.30–3pm | Toy and floats |
| 7pm – 8.30pm | North Tyneside swimming club (4 lanes) Public also swimming available |
| 8.30pm – 9.30pm | Swim to Trim (£1 a session) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30–3pm | Toys and Floats |

19 August

Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 7pm | |
| 8.00pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|-----------------------|
| 7.15pm – 8pm | Aquafit (shallow end) |

20 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.10am | |
| 10am – 12.30pm | |
| 3pm – 6.45pm | |
| 7.45pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 8am | |
| 9am – 6.45pm | |
| 8pm – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|-------------------|--------------------------|
| Main pool | |
| 9.15am – 10am | Aquafit (shallow end) |
| 12.30pm – 1.30pm | Staff Training (2 lanes) |
| 1.30pm – 3pm | Toys and floats |
| 7pm – 7.45pm | Aquafit (shallow end) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30pm – 3pm | Toys and floats |

THURSDAY

21 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 7.30pm | |
| 8.30pm – 9.30pm (adults only) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|------------------|---------------------------------|
| Main pool | |
| 9.30am – 10.15am | Aquafit (shallow end) |
| 7.45pm – 8.30pm | Aquafit (shallow end) |
| 8.30pm – 9.30pm | Twilight Swim (dimmed lighting) |

22 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 7.15am - 8.30pm | |
| Lane swimming (main pool) | |
| 7.15am - 9.25am | |
| 10.30am - 1pm | |
| 3.30pm - 8.30pm | |
| Small pool | |
| 7.15am - 8.30pm | |

Activities:

| | |
|-------------------|----------------------------|
| Main pool | |
| 9.30am - 10.15am | Aqua Zumba (shallow end) |
| 1.30pm - 2.45pm | Inflatable Obstacle Course |
| Small pool | |
| 1.30 - 3pm | Toys and Floats |

23 August

Public swimming:

| |
|----------------------------------|
| Main pool |
| 8.15am - 3.15pm |
| Lane swimming (main pool) |
| 8.15am - 10.25am |
| 11.20am - 1.45pm |
| Small pool |
| 8.15am - 3.15pm |

Activities:

| | |
|-------------------|----------------------------|
| Main pool | |
| 10.30am - 11.15am | Aquafit (shallow end) |
| 2.15pm - 3.15pm | Inflatable Obstacle Course |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Additional Needs Session* |
| Small pool | |
| 2.15pm - 3.15pm | Toys and Floats |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Additional Needs Session* |

*Please call if access to 'changing places' facilities is required before the start time of the session

24 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am - 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am - 3.15pm | |
| Small pool | |
| 8.15am - 3.15pm | |

Activities:

| | |
|-------------------|-------------------------|
| Main pool | |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Club Hire |
| Small pool | |
| 3.45pm - 4.45pm | Pool Parties (bookable) |

MONDAY

25 August
Bank Holiday
Closed

TUESDAY

26 August
Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 7pm | |
| 8.00pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|-----------------------|
| 7.15pm – 8pm | Aquafit (shallow end) |

WEDNESDAY

27 August

Public swimming:

| | |
|---|--|
| Main pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.10am | |
| 10am – 12.30pm | |
| 3pm – 6.45pm | |
| 7.45pm – 9.30pm (adults only from 8.30pm) | |
| Small pool | |
| 7.15am – 8am | |
| 9am – 6.45pm | |
| 8pm – 9.30pm (adults only from 8.30pm) | |

Activities:

| | |
|-------------------|--------------------------|
| Main pool | |
| 9.15am – 10am | Aquafit (shallow end) |
| 12.30pm – 1.30pm | Staff Training (2 lanes) |
| 1.30pm – 3pm | Toys and floats |
| 7pm – 7.45pm | Aquafit (shallow end) |
| Small pool | |
| 8am – 8.45am | Aqua HIIT |
| 1.30pm – 3pm | Toys and floats |

THURSDAY

28 August

Public swimming:

| Main pool | |
|---|--|
| 7.15am – 9.30pm (adults only from 8.30pm) | |
| Lane swimming (main pool) | |
| 7.15am – 9.25am | |
| 10.30am – 7.30pm | |
| 8.30pm – 9.30pm (adults only) | |
| Small pool | |
| 7.15am – 9.30pm (adults only from 8.30pm) | |

Activities:

| Main pool | |
|------------------|---------------------------------|
| 9.30am – 10.15am | AquaFit (shallow end) |
| 7.45pm – 8.30pm | AquaFit (shallow end) |
| 8.30pm – 9.30pm | Twilight Swim (dimmed lighting) |

29 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 7.15am - 8.30pm | |
| Lane swimming (main pool) | |
| 7.15am - 9.25am | |
| 10.30am - 1pm | |
| 3.15pm - 8.30pm | |
| Small pool | |
| 7.15am - 8.30pm | |

Activities:

| | |
|-------------------|---|
| Main pool | |
| 9.30am - 10.15am | Aqua Zumba (shallow end) |
| 1.30pm - 2.45pm | Summer Pool Party!! Inflatable |
| Small pool | |
| 1.30 - 2.45pm | Summer Pool Party – pool dye, Summer tunes, toys and floats |

30 August

Public swimming:

| |
|----------------------------------|
| Main pool |
| 8.15am – 3.15pm |
| Lane swimming (main pool) |
| 8.15am – 10.25am |
| 11am – 1.45pm |
| Small pool |
| 8.15am – 3.15pm |

Activities:

| | |
|-------------------|--------------------------------------|
| Main pool | |
| 10am – 10.45am | Aquafit (shallow end) |
| 2.15pm – 3.15pm | Inflatable Obstacle Course (drop in) |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |
| Small pool | |
| 2.15pm – 3.15pm | Toys and Floats |
| 3.45pm – 4.45pm | Pool parties (bookable) |
| 5pm – 6pm | Additional Needs Session* |

*Please call if access to 'changing places' facilities is required before the start time of the session

31 August

Public swimming:

| | |
|----------------------------------|--|
| Main pool | |
| 8.15am - 3.15pm | |
| Lane swimming (main pool) | |
| 8.15am - 3.15pm | |
| Small pool | |
| 8.15am - 3.15pm | |

Activities:

| | |
|-------------------|-------------------------|
| Main pool | |
| 3.45pm - 4.45pm | Pool parties (bookable) |
| 5pm - 6pm | Club Hire |
| Small pool | |
| 3.45pm - 4.45pm | Pool Parties (bookable) |