

Timetable

Monday 21 – Sunday 27 October 2024

Public Lane Swimming- 50m Pool

Price £5.80

Day	Morning	Afternoon
Monday	0830 - 1100	-
Tuesday	0830 - 1100	-
Wednesday	0830 - 1100	1400 - 1600
Thursday	0830 - 1100	1400 - 1600
Friday	0830 - 1100	-
Saturday	-	1400 - 1600
Sunday	1000 – 1200	-

Fun Session (with floats, etc)

Price £5.80 per person or £18 per family of 4

Saturday 1400-1600

Masters

(A structured session led by a qualified coach to improve endurance, speed and technique)

Price £6.30

Monday 1230 – 1330 (50m Pool)

Tuesday 0830 – 0930 (25m Pool)

Thursday 0830 – 0930 (25m Pool)

Friday 0830 – 0930 (25m Pool)

Gentle Swim- 25m Pool

(For slower paced swimmers and those in rehabilitation)

Price £5.80

Tuesday and Thursday 0930 - 1030

Aquarobics- 50m Pool

(A fun full body workout to music in the water delivered by a qualified coach)

Monday and Thursday 1115 - 1200

Price £7.30