

| Monday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
|---------------|----------------|----|----|----|------------------------------|----|----|----|-------------------|----|----|----|-------------------|----|----|----|------------------------|----|----|----|------------------------|----|----|----|------------------------|----|----|----|------------------|----|----|----|-------------------------|----|----|----|--------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|----|----|----|
| | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 |
| Main Pool | COPS 0530-0730 | | | | Lane Swimming 0730-0900 | | | | Schools | | | | Aqua | | | | Schools 1030-1500 | | | | | | | | Swim Academy 1600-1900 | | | | | | | | Lane Swimming 2000-2200 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | Open Swim 0630-1130 | | | | | | | | Adults 1130-1300 | | | | Open Swim 1300-1600 | | | | | | | | Adults 1600-2200 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Sensory 0800-0900 | | | | Schools 0900-1500 | | | | | | | | Closed | | | | Swim Academy 1600-2100 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | Sauna & Steam Room 0630-2130 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | Gym Open 0630-2200 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tuesday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
| Main Pool | COPS 0530-0730 | | | | Lane Swimming 0730-0900 | | | | Schools 0900-1500 | | | | | | | | Swim Academy 1600-1945 | | | | | | | | Adults 2000-2200 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | Open Swim 0630-1130 | | | | | | | | Adults 1130-1300 | | | | Open Swim 1300-2000 | | | | | | | | Aqua | | | | Adults 1945-2200 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Sensory 0800-0900 | | | | Schools 0900-1500 | | | | | | | | Closed | | | | Swim Academy 1600-1900 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | Sauna & Steam Room 0630-2130 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | Gym Open 0630-2200 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wednesday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
| Main Pool | COPS 0530-0730 | | | | Lane Swimming 0730-0900 | | | | Schools 0900-1200 | | | | Aqua | | | | Schools 1245-1500 | | | | Ladies 2000-2200 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | Open Swim 0630-1130 | | | | | | | | Adults 1130-1300 | | | | Open Swim 1300-1700 | | | | | | | | Diving 1700-1900 | | | | Aqua | | | | Ladies 2000-2200 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Sensory 0800-0900 | | | | Schools 0900-1500 | | | | | | | | Swim Academy 1500-2000 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | Sauna & Steam Room 0630-1945 | | | | | | | | | | | | | | | | Ladies 2000-2130 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | Gym Open 0630-2100 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thursday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
| Main Pool | COPS 0530-0730 | | | | Lane Swimming 0730-0900 | | | | Schools 0900-1500 | | | | | | | | COPS 1600-2030 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | Open Swim 0630-1130 | | | | | | | | Adults 1130-1300 | | | | Open Swim 1300-1830 | | | | | | | | Closed | | | | Aqua | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Sensory 0800-0900 | | | | Schools 0900-1500 | | | | | | | | Sensory 1730-1900 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | Sauna & Steam Room 0630-2030 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | Gym Open 0630-2100 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Friday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
|---------------|----------------|----|----|----|------------------------------|----|----|----|------------------------------|----|----|----|------------------------------|----|----|----|---------------------|----|----|----|---------------------|----|----|----|------------------------|----|----|----|------------------------|----|----|----|---------------------|----|----|----|--------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|----|----|----|
| | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 |
| Main Pool | COPS 0530-0730 | | | | Lane Swimming 0730-0900 | | | | Schools 0900-1500 | | | | | | | | | | | | | | | | Swim Academy 1600-1845 | | | | COPS 1730-2100 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | Open Swim 0630-1130 | | | | | | | | Adults 1130-1300 | | | | Open Swim 1300-1730 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Sensory 0800-0900 | | | | Schools 0900-1500 | | | | | | | | | | | | Closed | | | | Swim Academy 1600-2000 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | Sauna & Steam Room 0630-2030 | | | | | | | | | | | | | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | Gym Open 0630-2100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
| Main Pool | Closed | | | | | | | | Swim Academy 0800-1300 | | | | | | | | | | | | | | | | Open Swim 1300-1430 | | | | Open Swim 1445-1615 | | | | Open Swim 1630-1800 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | | | | | Swim Academy 0800-1300 | | | | | | | | | | | | | | | | Diving 1300-1430 | | | | 1445-1615 | | | | 1630-1800 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Swim Academy 0800-1300 | | | | | | | | | | | | | | | | Open Swim 1300-1430 | | | | Open Swim 1445-1615 | | | | Open Swim 1630-1800 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | | | | | | | | | Sauna & Steam Room 1300-1730 | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | | | | | Gym Open 0800-1800 | | | | | | | | | | | | | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sunday | 0500 | | | | 0600 | | | | 0700 | | | | 0800 | | | | 0900 | | | | 1000 | | | | 1100 | | | | 1200 | | | | 1300 | | | | 1400 | | | | 1500 | | | | 1600 | | | | 1700 | | | | 1800 | | | | 1900 | | | | 2000 | | | | 2100 | | | | 2200 | | | | | | |
| Main Pool | Closed | | | | | | | | Open Swim 0800-0930 | | | | Open Swim 0945-1115 | | | | Open Swim 1130-1300 | | | | Open Swim 1315-1445 | | | | Lane Swim 1500-1600 | | | | COPS 1600-2030 | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diving Pit | Closed | | | | | | | | 0800-0930 | | | | 0945-1115 | | | | Diving 1130-1300 | | | | 1315-1445 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teaching Pool | Closed | | | | | | | | Sensory 0800-0930 | | | | Open Swim 0945-1115 | | | | Open Swim 1130-1300 | | | | Open Swim 1315-1445 | | | | Open Swim 1500-1630 | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health Suite | Closed | | | | | | | | Sauna & Steam Room 0800-1800 | | | | | | | | | | | | | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gym | Closed | | | | | | | | Gym Open 0800-1800 | | | | | | | | | | | | | | | | | | | | | | | | | | | | Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| |
|-----------------------------|
| Open Swim |
| Swim Academy |
| COPS (Swimming Club) |
| Aqua Fit |
| Diving Boards |
| Adults/Ladies Only Sessions |
| Sensory Swim Sessions |
| Lane Swimming |

| |
|-------------------|
| Gym Open |
| Health Suite Open |
| CLOSED |

All sessions at the weekend are now bookable. If you book for the Teaching Pool you will be unable to swim in the Main Pool and visa versa