

Indoor Swimming Pool Timetable

Monday 6th July 2026 - Sunday 12th July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-08:30 Lane Swim 06:00-07:15 Half Pool 07:15-08:30 Full Pool	06:00-08:30 Lane Swim Full Pool	06:00-08:30 Lane Swim Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
08:30-18:00 Pool Closed School Use	08:30-18:00 Pool Closed School Use	08:30-18:00 Pool Closed School Use	10:00-18:00 General Swim Full Pool	10:00-13:30 General Swim Full Pool 13:30-15:30 Pool Closed School Use 15:30-20:00 General Swim Full Pool		15:00-17:00 * General Swim Full Pool
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'

Indoor Swimming Pool Timetable

Monday 13th July 2026 - Sunday 19th July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-18:00 General Swim 10:00-12:00 Half Pool 12:00-18:00 Full Pool	10:00-15:00 General Swim 10:00-12:00 Half Pool 12:00-15:00 Full Pool 15:00-16:00 Floats & Fun 16:00-18:00 General Swim	10:00-18:00 General Swim 10:00-12:00 Half Pool 12:00-18:00 Full Pool	10:00-15:00 General Swim 10:00-12:00 Half Pool 12:00-15:00 Full Pool 15:00-16:00 Floats & Fun 16:00-18:00 General Swim	10:00-20:00 General Swim 10:00-12:00 Half Pool 12:00-20:00 Full Pool		15:00-17:00 * General Swim Full Pool
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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Indoor Swimming Pool Timetable

Monday 20th July 2026 - Sunday 26th July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim Full Pool	06:00-10:00 Lane Swim Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool		
12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available		
16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-20:00 General Swim Full Pool	15:00-17:00 * General Swim Full Pool	15:00-17:00 * General Swim Full Pool
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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Indoor Swimming Pool Timetable

Monday 27th July 2026 - Sunday 31st July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool		15:00-17:00 * General Swim Full Pool
12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	15:00-17:00 * General Swim Full Pool	
16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-20:00 General Swim Full Pool		
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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Indoor Swimming Pool Timetable

Monday 3rd August 2026 - Sunday 9th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim Full Pool	06:00-10:00 Lane Swim Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool		
12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available		15:00-17:00 * General Swim Full Pool
16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-20:00 General Swim Full Pool	15:00-17:00 * General Swim Full Pool	
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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Indoor Swimming Pool Timetable

Monday 10th August 2026 - Sunday 16th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool	10:00-12:30 General Swim 10:00-11:00 Half Pool 11:00-12:30 Full Pool		15:00-17:00 * General Swim Full Pool
12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	15:00-17:00 * General Swim Full Pool	
16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-20:00 General Swim Full Pool		
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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Indoor Swimming Pool Timetable

Monday 17th August 2026 - Sunday 23rd August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim Full Pool	06:00-10:00 Lane Swim Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-10:00 Full Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool	10:00-12:30 General Swim Full Pool		
12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available	12:30-16:30 Pool Closed Outdoor Pool Available		15:00-17:00 * General Swim Full Pool
16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-18:00 General Swim Full Pool	16:30-20:00 General Swim Full Pool	15:00-17:00 * General Swim Full Pool	
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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SPORT & WELLNESS CENTRE

Indoor Swimming Pool Timetable

Monday 24th August 2026 - Sunday 30th August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	06:00-10:00 Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool 09:00-10:00 Half Pool	08:00-15:00 Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 11:30-13:00 2 lanes available 13:00-15:00 2 lanes available	09:00-15:00 Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
10:00-18:00 General Swim 10:00-12:00 Half Pool 12:00-18:00 Full Pool	10:00-15:00 General Swim 10:00-12:00 Half Pool 12:00-15:00 Full Pool 15:00-16:00 Floats & Fun 16:00-18:00 General Swim	10:00-18:00 General Swim 10:00-12:00 Half Pool 12:00-18:00 Full Pool 15:00-16:00 Floats & Fun 16:00-18:00 General Swim	10:00-15:00 General Swim 10:00-12:00 Half Pool 12:00-15:00 Full Pool 15:00-16:00 Floats & Fun 16:00-18:00 General Swim	10:00-20:00 General Swim 10:00-12:00 Half Pool 12:00-20:00 Full Pool		15:00-17:00 * General Swim Full Pool
18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-20:00 2 Lanes Available 20:00-21:30 Full Pool	18:00-21:30 Lane Swim 18:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	20:00-21:30 Lane Swim 20:00-21:30 Full Pool		

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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Indoor Swimming Pool Timetable

Monday 31st August 2026 - Sunday 6th September 2026

BANK HOLIDAY

MONDAY

06:00-10:00

Lane Swim

Full Pool

10:00-14:00

General Swim

Full Pool

14:00-15:00

Floats & Fun

TUESDAY

06:00-10:00

Lane Swim

06:00-09:00
Full Pool

09:00-10:00
Half Pool

10:00-15:00

General Swim

10:00-12:00
Half Pool

12:00-15:00
Full Pool

15:00-16:00

Floats & Fun

16:00-18:00

General Swim

18:00-21:30

Lane Swim

18:00-21:00
2 Lanes Available

21:00-21:30
Full Pool

WEDNESDAY

06:00-10:00

Lane Swim

06:00-09:00
Full Pool

09:00-10:00
Half Pool

10:00-15:00

General Swim

10:00-12:00
Half Pool

12:00-15:00
Full Pool

15:00-16:00

Floats & Fun

16:00-18:00

General Swim

18:00-21:30

Lane Swim

18:00-20:00
2 Lanes Available

20:00-21:30
Full Pool

THURSDAY

06:00-08:30

Lane Swim

06:00-07:15
Half Pool

07:15-08:30
Full Pool

08:30-18:00

Pool Closed

School Use

18:00-21:30

Lane Swim

18:00-21:00
2 Lanes Available

21:00-21:30
Full Pool

FRIDAY

06:00-08:30

Lane Swim

06:00-07:15
Half Pool

07:15-08:30
Full Pool

08:30-18:00

Pool Closed

School Use

18:00-20:00

General Swim

Full Pool

20:00-21:30

Lane Swim

Full Pool

SATURDAY

08:00-15:00

Lane Swim

08:00-09:00
Half Pool

09:00-11:00
2 lanes available

11:00-11:30
1 lane available

11:30-13:00
2 lanes available

13:00-15:00
2 lanes available

15:00-17:00 *

General Swim

Full Pool

SUNDAY

09:00-15:00

Lane Swim

09:00-09:30
2 lanes available

09:30-13:00
1 lane available

13:00-15:00
Half Pool

15:00-17:00 *

General Swim

Full Pool

*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

Swimming Session Index

Lane Swim

Lanes available for continuous swimming.

General Swim

Some Lanes and the remainder of the pool, is a free swim area.

Lane Swim/Party Slot

Slot available for birthday parties, please check in advance if the pool is available for lane swimming'



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