

Please note that swimming times may change. For the latest information, view the accessible timetable on our website, or contact the centre.



0300 012 0121



slt-leisure.co.uk/timetables

### Monday

**Centre Closed - Bank Holiday** 

#### Tuesday

07:00 - Lane Swim - Main Pool (120 min)

09:00 - U18 Free Swimming (Public Swim) - Main Pool (60

10:00 - Public Swim - Main Pool (60 min)

11:00 - U18 Free Swimming (Family Swim) - Small Pool (60 min)

**11:05** - Aqua Fit (45 min)

12:00 - Adult Swim - Main Pool (60 min)

12:00 - Splash Time (under 5's) - Small Pool (60 min)

13:00 - U18 Free Swimming (Public Swim) - Main Pool (90 min)

14:30 - Public Swim - Main Pool (75 min)

**15:00** - U18 Free Swimming (Family Swim) - Small Pool (45

**19:30** - U18 Free Swimming (Public Swim) - Main Pool (60

20:30 - Adult Swim- Main Pool (60 min)

### Wednesday

07:00 - Lane Swim - Main Pool (120 min)

09:00 - Public Swim - Main Pool (60 min)

10:00 - Public Swim - Main Pool (60 min)

11:00 - U18 Free Swimming (Public Swim) - Main Pool (60 min)

11:00 - U18 Free Swimming (Family Swim) - Small Pool (60

12:15 - Adult Swim - Main Pool (45 min)

**12:15** - Splash Time (Under 5's) - Small Pool (45 min)

15:00 - U18 Free Swimming (Family Swim) - Small Pool (45

**16:00** - U18 Free Swimming (Public Swim) - Main Pool (90 min)

17:30 - Public Swim - Main Pool (90min)

**19:00** - U18 Free Swimming (Family Swim) - Small Pool (60 min)

19:00 - Aqua Zumba® - Main Pool (60 min)

# **Thursday**

07:00 - Lane Swim - Main Pool (120 min)

09:00 - Aqua Zumba® - Main Pool (45 min)

10:00 - Public Swim - Main Pool (60 min)

11:15 - Disability Swim Session -Main Pool (45 min)

**12:15** - Adult Swim - Main Pool (45 min)

12:15 - Splash Time (under 5's) -Small Pool (45 min)

**13:00** - U18 Free Swimming (Public Swim) - Main Pool (90 min)

14:30 - Public Swim - Main Pool (75 min)

**15:00** - U18 Free Swimming (Family Swim) - Small Pool (45

**19:00** - U18 Free Swimming (Public Swim) - Main Pool (90

**19:00** - U18 Free Swimming (Family Swim) - Small Pool (60 min)

20:00 - Public Swim - Small Pool (60 min)

20:30 - Adult swim - Main Pool (60 min)

## Friday

07:00 - Lane Swim - Main Pool (120 min)

**09:00** - U18 Free Swimming (Public Swim) - Main Pool (60 min)

**10:00** - Disability Swim Session - Main Pool (60 min)

11:00 - Public Swim - Main Pool (60 min)

12:15 - Swimming - Adult only -Main Pool (45 min)

12:15 - Splash Time (Under 5's) -Small Pool (45 min)

**13:00** - U18 Free Swimming (Public Swim) - Main Pool (90 min)

14:30 - Public Swim - Main Pool (75 min)

15:00 - U18 Free Swimming (Family Swim) - Small Pool (45 min)

19:00 - Swimming - Costa Del Tipton - Main Pool (60 min) 20:15 - Adults Swim - Main Pool (75 min)

### Saturday

**13:00** - U18 Free Swimming (Public Swim) - Main Pool (60 min)

**13:00** - U18 Free Swimming (Family Swim) - Small Pool (60 min)

14:15 - Ladies Only Swim -Main Pool (60 min) 14:15 - Ladies Only Swim -

Small Pool (60 min)

## Sunday

11:00 - U18 Free Swimming (Public Swim) - Main Pool (90 min)

11:00 - U18 Free Swimming (Public Swim) - Small Pool (90 min)

12:30 - Public Swim - Main Pool (90 min)

12:30 - Public Swim - Small Pool (90 min)

14:15 - Swimming - Costa Del Tipton - Main Pool (60 min)