


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](http://slt-leisure.co.uk/timetables)

### Monday

**07:00** - Lane Swim - Main Pool (120 min)  
**09:30** - Aqua Fit (45 min)  
**12:00** - Adult Swim - Main Pool (60 min)  
**15:00** - Disability Swim - Main Pool (45 min)  
**19:00** - Public Swim - Small Pool (60 min)  
**20:00** - Aqua Fit - Main Pool (45 min)  
**20:45** - Public Swim - Main Pool (45 min)

### Tuesday

**07:00** - Lane Swim - Main Pool (120 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)  
**19:30** - Public Swim - Main Pool (60 min)  
**20:30** - Swimming - Adults Only - Main Pool (60 min)

### Wednesday

**07:00** - Lane Swim - Main Pool (120 min)  
**12:15** - Swimming - Adults only - Main Pool (45 min)  
**12:15** - Splash Time (Children Under 5) - Small Pool (45 min)  
**16:00** - Public Swim - Main Pool (180 min)  
**19:00** - 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)  
**11:00** - Disability Swim Session - Main Pool (60 min)  
**12:15** - Adult Swim - Main Pool (45 min)  
**12:15** - Splash Time (under 5's) - Small Pool (45 min)  
**19:00** - Public Swim - Main Pool (90 min)  
**19:00** - Public Swim - Small Pool (120 min)  
**20:30** - Adult swim - Main Pool (60 min)

### Friday

**07:00** - Lane Swim - Main Pool (120 min)  
**12:15** - Swimming - Adult only - Main Pool (45 min)  
**12:15** - Splash Time (Children Under 5) - Small Pool (45 min)  
**15:00** - Public Swim - Main Pool (45 min)  
**19:00** - Swimming - Costa Del Tipton - Main Pool (60 min)  
**20:15** - Adults Swim - Main Pool (75 min)

### Saturday

**13:00** - Public Swim - Main Pool (60 min)  
**13:00** - Public Swim (\*Subject to pool parties\*) - 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** - Public Swim - Main Pool (180 min)  
**11:00** - Public Swim - Small Pool (180 min)  
**14:15** - Swimming - Costa Del Tipton - Main Pool (60 min)