

# Opening Times

## Swimming Pool

Monday	8.00am - 6.00pm
Tuesday	8.00am - 8.00pm
Wednesday	8.00am - 8.00pm
Thursday	8.00am - 8.00pm
Friday	8.00am - 6.00pm
Saturday	8.00am - 4.00pm
Sunday	8.00am - 4.00pm

## Adult Lane Swimming

Monday - Friday	8.00am - 9.00am 12.30pm - 2.00pm 4.30pm - 6.00pm
Saturday/Sunday	8.00am - 9.00am

## Family Fun Session

Sunday	2.00pm - 3.30pm
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**Last Sunday of the Month**

### • Restricted access to the Main Pool during:

#### • Swimming Lessons

Tuesday	9.30am - 12.00pm 6.30pm - 7.00pm
Wednesday	9.30am - 12.00pm 2.00pm - 4.00pm
Thursday	9.30am - 12.00pm 2.00pm - 4.00pm
Friday	9.30am - 12.00pm

#### • Aquaerobics Classes

Monday	12.15pm - 1.15pm
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### Restricted access to the Teaching Pool during:

#### • Swimming Lessons

Monday	9.30am - 11.00am 4.00pm - 6.00pm
Tuesday	3.30pm - 6.00pm
Wednesday	4.00pm - 7.30pm
Thursday	4.00pm - 7.30pm

## Inspiration Gym

Monday	8.30am - 9.45pm
Tuesday	8.30am - 9.45pm
Wednesday	8.30am - 9.45pm
Thursday	8.30am - 9.45pm
Friday	8.30am - 9.45pm
Saturday	8.30am - 3.45pm
Sunday	8.30am - 3.45pm

The Gym is closed to enable cardiac rehabilitation classes to take place on:

Monday	11.00am - 1.00pm
Thursday	11.00am - 1.00pm

**Last session 60 minutes before advertised closing time.**

## Health Suite

Monday	8.30am - 9.45pm
Tuesday	8.30am - 9.45pm
Wednesday	8.30am - 9.45pm
Thursday	8.30am - 9.45pm
Friday	8.30am - 9.45pm
Saturday	8.30am - 3.45pm
Sunday	8.30am - 3.45pm

### Ladies Only

Tuesday	8.30am - 6.00pm
Thursday	8.30am - 2.00pm

### Gents Only

Monday	8.30am - 6.00pm
Wednesday	8.30am - 2.00pm

**Last session 2 hours before advertised closing time.**