

LEISURE POOL

MORNING TIMETABLE

20th - 26th July
2026

	6:00 - 6:30	7:00 - 7:30	8:00 - 8:30	9:00 - 9:30	10:00 - 10:30	11:00 - 11:30	12:00 - 12:30
MONDAY				GO swim 9:15 - 11:45			
				Gentle Aqua 9:15 - 10:00 (Deeper end of Leisure Pool Closed to public)		Gentle Aqua 11:45 - 12:30	
TUESDAY	Cardio Aqua 6:30 - 7:15 (Deeper end of Leisure Pool Closed to public)			GO swim 9:00 - 12:30			
WEDNESDAY				GO swim 9:15 - 11:45			
				Gentle Aqua 9:15 - 10:00 (Deeper end of Leisure Pool Closed to public)		Gentle Aqua 11:45 - 12:30	
THURSDAY	Aqua Boot Camp 6:30 - 7:15 (Deeper end of Leisure Pool Closed to public)			GO swim 9:00 - 11:30			
FRIDAY				GO swim 9:15 - 12:15			
				Gentle Aqua 9:15 - 10:00 (Deeper end of Leisure Pool Closed to public)		Gentle Aqua 11:45 - 12:30	
SATURDAY	CENTRE CLOSED			GO swim 8:15 - 12:15 (Deeper end of Leisure Pool Closed to public)			
SUNDAY	CENTRE CLOSED						

- Please call to ensure that there is pool space if you require it
- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

Opening Times
Mon-Thu: 6am - 8pm
Fri: 6am - 7pm
Sat-Sun: 8am - 3pm



LEISURE POOL

AFTERNOON TIMETABLE

20th - 26th July
2026

	12:00 - 12:30	1:00 - 1:30	2:00 - 2:30	3:00 - 3:30	4:00 - 4:30	5:00 - 5:30	6:00 - 6:30	7:00 - 7:30	8:00
MONDAY	DECS 12:00 - 3:00 (Deeper end of Leisure Pool Closed to public)						Cardio Aqua 6:30 - 7:15		
	Gentle Aqua (Deeper end of Leisure Pool Closed to public)				GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)				
TUESDAY	DECS 12:00 - 3:00 (Deeper end of Leisure Pool Closed to public)						Aqua Movers 6:00 - 6:30		
	GO swim				GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)				
WEDNESDAY	DECS 12:00 - 3:00 (Deeper end of Leisure Pool Closed to public)								
	Gentle Aqua (Deeper end of Leisure Pool Closed to public)				GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)				
THURSDAY	DECS 12:00 - 3:00 (Deeper end of Leisure Pool Closed to public)						Cardio Aqua 6:30 - 7:15		
					GO swim 3:15 - 6:30 (Deeper end of Leisure Pool Closed to public)				
FRIDAY	GO swim	DECS 12:00 - 2:30 (Deeper end of Leisure Pool Closed to public)							
	Gentle Aqua (Deeper end of Leisure Pool Closed to public)								
SATURDAY	GO swim (Deeper end of Leisure Pool Closed to public)								CENTRE CLOSED
SUNDAY									CENTRE CLOSED

- Please call to ensure that there is pool space if you require it
- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

Opening Times
Mon-Thu: 6am - 8pm
Fri: 6am - 7pm
Sat-Sun: 8am - 3pm



LAP POOL

MORNING TIMETABLE

20th - 26th July
2026

	6:00 - 6:30	7:00 - 7:30	8:00 - 8:30	9:00 - 9:30	10:00 - 10:30	11:00 - 11:30	12:00 - 12:30
MONDAY	SQUAD 6:15 - 7:45 (2 Lanes)			Deep Aqua 8:30 - 9:15 (4 Lanes)			
TUESDAY		SQUAD 7:00 - 7:45 (3 Lanes)					
WEDNESDAY	SQUAD 6:00 - 7:45 (2 Lanes)			Deep Aqua 8:30 - 9:15 (4 Lanes)			
THURSDAY		SQUAD 6:30 - 7:30 (3 Lanes)					
FRIDAY	SQUAD 6:00 - 7:45 (4 Lanes)			Deep Aqua 8:30 - 9:15 (4 Lanes)			
SATURDAY	CENTRE CLOSED			GO swim 8:45 - 12:15 (1 Lane)			
			SQUAD 9:45 - 11:30 (3 Lanes)				
SUNDAY	CENTRE CLOSED						

- Please call to ensure that there is pool space if you require it
- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

Opening Times
Mon-Thu: 6am - 8pm
Fri: 6am - 7pm
Sat-Sun: 8am - 3pm



LAP POOL

AFTERNOON TIMETABLE

20th - 26th July
2026

	12:00 - 12:30	1:00 - 1:30	2:00 - 2:30	3:00 - 3:30	4:00 - 4:30	5:00 - 5:30	6:00 - 6:30	7:00 - 7:30	8:00
MONDAY					SQUAD 3:45 - 6:30 3:45 - 4:15 (1 Lane) 4:15 - 5:15 (2 Lanes) 5:15 - 6:30 (3 Lanes)				
					GO swim 3:30 - 6:00 (2 Lanes)				
TUESDAY					SQUAD 4:00 - 6:30 4:00 - 4:30 (1 Lane) 4:30 - 5:30 (2 Lanes)		Masters 5:30 - 6:30 (3 Lanes)		
					GO swim 4:00 - 6:30 (2 Lanes)				
WEDNESDAY					SQUAD 4:00 - 5:30 4:00 - 4:30 (1 Lane) 4:30 - 5:30 (2 Lanes)				
					GO swim 4:00 - 7:00 (2 Lanes)				
THURSDAY					SQUAD 4:00 - 6:00 4:00 - 4:30 (2 Lane) 4:30 - 6:00 (3 Lanes)				
					GO swim 3:30 - 7:00 (2 Lanes)				
FRIDAY									
SATURDAY	GO swim				CENTRE CLOSED				
SUNDAY					CENTRE CLOSED				

- Please call to ensure that there is pool space if you require it
- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

Opening Times
 Mon-Thu: 6am - 8pm
 Fri: 6am - 7pm
 Sat-Sun: 8am - 3pm



Proudly managed by
belgravialeisure