
























Monday			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:50	17:30		*Swim For All
Evening Session			
17:30	18:55		*Swim For All
19:00	19:45		AquaFit







Tuesday			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim (Adult)
08:00	09:00		Lane Swim (Adult)
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
14:00	15:00		Family Splash Zone
Evening Session			
15:00	19:30		*Swim For All



Wednesday			
Start Time	Finish Time	Focus	Session
Morning Session			
07:00	08:00		Fitness Swim
08:00	09:00		Lane Swim
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
14:00	17:15		*Swim For All
Evening Session			
17:15	19:15		*Swim For All
19:15	20:10		Relaxaswim






-  Aqua Aerobics
-  Fun Session
-  Open Swimming
-  Wellness Swim
-  Lane Swimming
-  Wave Swim School
-  Party Use & Hire
-  School & Private Hire

The ability to book a session is available, however you can just turn up if space is available to attend. Fitness Swim and Lane Swim are not suitable for children under the age of 11 years. *Swim For All and Get Wet & Wacky are non-bookable sessions, normal admission apply. (L) – Two Lanes used for Swimming Lessons (C) – Up to Two Lanes used for NPLQ Training For full descriptions visit www.waveleisure.co.uk . Please note: timetable subject to change.

Thursday			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:50	15:50		*Swim For All
16:00	18:00		Swim School
Evening Session			
18:15	19:10		Lane Swim

Friday			
Start Time	Finish Time	Focus	Session
Morning Session			
09:00	13:05		*Swim For All
Afternoon Session			
13:05	13:50		Lane Swim
13:50	16:00		*Swim For All
Evening Session			
16:00	17:00		60+ Swim
17:00	17:55		Lane Swim
18:00	19:00		*Swim For All

Saturday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	10:00		Lane Swim (Adult)
10:00	12:30		*Swim For All
Afternoon Session			
12:30	14:30		*Swim For All
15:00	16:00		Party Hire

Sunday			
Start Time	Finish Time	Focus	Session
Morning Session			
08:00	09:00		Fitness Swim (Adult)
09:00	10:00		Lane Swim (Adult)
10:00	11:00		*Get Wet and Wacky
11:00	13:30		*Swim For All
Afternoon Session			
13:30	14:30		Lane Swim

 Aqua Aerobics	 Fun Session
 Open Swimming	 Wellness Swim
 Lane Swimming	 Wave Swim School
 Party Use & Hire	 School & Private Hire

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