### Swimming

**Swimming Pool**
- **SHALLOW END**
- **DEEP END**
- **25M LANE**
- **17:00 - 22:30**

**General Swimming**
Swimming for all ages and abilities. A minimum of 3 lanes for lane swimming, plus a general swimming area.

**Lane Swimming**
Lane sessions only with up to 4 lanes available.

**Family/Open Swimming**
Swimming for all ages and abilities. Lane swimming cannot be guaranteed in all Open swimming sessions.

**Timetable**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>06:00 - 08:30</td>
<td>25M Lane Swim Deep End</td>
<td>Caroline Crowe</td>
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<td>08:00 - 12:00</td>
<td>25M General Swim Shallow &amp; Deep End</td>
<td>Emily Etheridge</td>
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<tr>
<td>Tuesday</td>
<td>08:30 - 10:30</td>
<td>25M Lane Swim Shallow &amp; Deep End</td>
<td>Jane Christie</td>
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<tr>
<td>Wednesday</td>
<td>10:30 - 11:30</td>
<td>25M Lane Swim Shallow &amp; Deep End</td>
<td>Sonya Turpin</td>
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<td>Thursday</td>
<td>11:30 - 13:00</td>
<td>25M Lane Swim Shallow &amp; Deep End</td>
<td>Daisy Davis</td>
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<tr>
<td>Friday</td>
<td>12:30 - 14:00</td>
<td>25M Lane Swim Shallow &amp; Deep End</td>
<td>Jo Watkins</td>
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<tr>
<td>Saturday</td>
<td>13:30 - 15:30</td>
<td>25M Lane Swim Shallow &amp; Deep End</td>
<td>Katie Gervaso</td>
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<tr>
<td>Sunday</td>
<td>14:30 - 16:30</td>
<td>25M Lane Swim Shallow &amp; Deep End</td>
<td>Jana Ingles</td>
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</table>

**Daytime Sessions (06:00 - 16:00)**

**Evening Sessions (16:00 - 22:30)**

**Non-Member Prices**
Wellbeing Classes - Range between £6.20 - £8.10
Aqua Classes - Range between £6.20 - £6.50

**Member Prices**
Wellbeing Classes - FREE
Aqua Classes - FREE

Please check our website for all exclusions.

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### AQUA & WELLBEING

**Wellbeing Studio**

**Lunchtime Sessions (12:30 - 16:30)**

**Morning Sessions (06:30 - 12:30)**

**Evening Sessions (17:00 - 21:00)**

**Non-Member Prices**
Wellbeing Classes - Range between £6.20 - £8.10
Aqua Classes - Range between £6.20 - £6.50

**Member Prices**
Wellbeing Classes - FREE
Aqua Classes - FREE

Please check our website for all exclusions.