



Swimming Pool Timetable



June 9 – June 15

| | 7am-8am | 8am-9am | 9am-10am | 10am-11am | 11am-12pm | 12pm-1pm | 1pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-5pm | 5pm-6pm | 6pm-7pm | 7pm-8pm | 8pm-9pm |
|-----------|---------|---------|----------|-----------|-----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|
| Monday | | | | | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | |
| Saturday | | | | | | | | | | | | | | |
| Sunday | | | | | | | | | | | | | | |

Children Swimming Lessons

Swimming lessons are taught by Swim@Edge Hill. During Lessons times the pool is reduced to 2 Lanes and swim lane available to the right as you enter poolside. See our website for further information.

Public Swim

Open for all customers for casual swimming. Please refer to reception/website for children supervision ratio and prices

Lane Swimming (Maximum 10 swimmers per lane)

A lane is provided throughout public swimming sessions for lane swimming.

Advertised Lane swimming sessions are for adults and children if they can swim continuous lengths. (approx. 400m).

Adult Swim for Events

Twice weekly adult swimming for events. The instructor led session provides intermediate to advanced adults (it is recommended that you should be able to swim 400m comfortably) an opportunity to develop their swimming technique, stamina and fitness. Swimmers will be coached on technique and conditioning through a range of suitable drills and practices based on the Swim Smooth program. Bookings available online.

Neuro Diversity session

Open for all customers. The pool music will be turned off between 8am-8:30am on Tuesdays and Thursdays. Increasing inclusivity in the pool.

Ad Hoc Bookings

For one off bookings throughout the month for example monthly Lifeguard Training or one-off sessions.

Pool Maintenance

Pool closed 10-12pm for General maintenance to be undertaken.

Active Edge

Between 9-11am over 60's can purchase a swim session at a reduced rate. Please enquire at reception.