

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	06:30 - 07:15 Adults Only	Closed	Closed
07:00	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:15 - 08:00 Adults Only	07:00 - 08:00 Adults Only	07:00 - 08:00 Adults Only
08:00	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only	08:00 - 09:00 Adults Only
09:00	09:15 - 10:15 Aqua Aerobics	09:15 - 10:15 Aqua Aerobics	09:15 - 10:15 Aqua Aerobics	09:00 - 10:30 Open Swim	09:00 - 10:30 Open Swim	09:00 - 10:30 Open Swim	09:00 - 10:30 Open Swim
10:00							
11:00	10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim	10:30 - 11:30 Open Swim	10:30 - 12:00 Open Swim	10:30 - 11:30 Open Swim	10:30 - 12:00 Open Swim
12:00	12:00 - 13:30 50+ Swim	12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim	SPLASH INFLATABLE 12:00 - 13:00	12:00 - 13:30 Open Swim	SPLASH INFLATABLE 12:00 - 13:00	12:00 - 13:30 Open Swim
13:00							
14:00	13:30 - 14:30 Open Swim	13:30 - 14:30 Open Swim	13:30 - 15:00 50+ Swim	SPLASH INFLATABLE 13:30 - 14:30	13:30 - 15:00 Open Swim	SPLASH INFLATABLE 13:30 - 14:30	13:30 - 14:30 Open Swim
15:00	14:30 - 15:30 Open Swim	14:30 - 15:30 Open Swim					14:30 - 16:00 Open Swim
16:00	15:30 - 17:00 Open Swim	15:30 - 17:00 Open Swim	15:00 - 16:30 Open Swim	15:00 - 16:30 Open Swim	15:00 - 16:30 Open Swim	15:00 - 16:00 Open Swim	
17:00			16:30 - 17:30 Open Swim	16:30 - 18:00 Open Swim	16:30 - 18:00 Open Swim	16:00 - 17:30 Open Swim	16:00 - 17:30 Open Swim
18:00	17:00 - 18:30 Open Swim	17:00 - 18:30 Open Swim	17:30 - 19:00 Open Swim	18:15 - 19:15 Aqua Aerobics	18:00 - 19:30 Open Swim	17:30 - 19:00 Open Swim	17:30 - 19:00 Open Swim
19:00	18:45 - 19:45 Aqua Aerobics	18:30 - 19:30 Open Swim	19:00 - 20:00 Aqua Circuits				
20:00	19:45 - 20:30 Adults Only	19:30 - 20:30 Adults Only	20:00 - 20:30 Adults Only	19:30 - 20:30 Adults Only	19:30 - 20:30 Adults Only	19:00 - 20:30 Open Swim	19:00 - 20:30 Open Swim
	20:30 Closed	20:30 Closed	20:30 Closed	20:30 Closed	20:30 Closed	20:30 Closed	20:30 Closed



Scan
to book

Advance booking is essential for ALL swim sessions. Go to www.atlanticreach.co.uk/swimming
 We do not employ lifeguards at any time and all swimmers must be accompanied by an adult (18+) swimmer at all times.
 Please respect the swim lane and each other's personal space, both in the pool and changing area.