

# 2025 INDOOR POOL TIMETABLE #10

	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	07:30 - 08:15 Adults Only	07:30 - 08:15 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	08:15 - 09:00 Adults Only	08:15 - 09:00 Adults Only	
09:00	09:15 - 10:15 Aqua Aerobics	09:20 - 10:15 Aqua Aerobics	09:15 - 10:15 Aqua Aerobics	09:00 - 10:30 Open Swim	09:00 - 13:00 Water Babies Swim Lessons	09:00 - 10:30 Open Swim	09:00 - 10:30 Open Swim	
10:00	10:15-11:10 Open Swim	10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim		10:30 - 12:00 Open Swim	10:30 - 12:00 Open Swim	
11:00								
12:00	11:15 - 12:45 Diddy Dolphins Swim Lessons	12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim		12:00 - 13:30 Open Swim	12:00 - 13:30 Open Swim	
13:00	13:00 - 14:00 50+ Swim							
14:00	14:00 - 15:00 Open Swim	13:30 - 14:30 Open Swim	13:30 - 15:00 50+ Swim	13:30-15:00 Open Swim	13:00 - 14:00 Open Swim	13:30-14:030 Open Swim	13:30-14:30 Open Swim	
15:00		14:30 - 15:50 Open Swim	15:00 - 16:30 Open Swim	15:00 - 15:50 Open Swim	14:00 - 15:30 Open Swim			
16:00	15:00 - 16:30 Open Swim				15:30 - 17:00 Open Swim	Club closes at 15:00	Club closes at 15:00	
17:00	16:30 - 17:30 Open Swim	16:00 - 18:30 Diddy Dolphins Swim Lessons	16:30 - 17:30 Open Swim	15:55 - 18:00 Diddy Dolphins Swim Lessons				
18:00				17:30 - 18:45 Open Swim				18:15 - 19:15 Aqua Aerobics
19:00	18:30-19:30 Open Swim	18:30 - 19:30 Aqua Aerobics & Circuits	19:15 - 20:00 Adults Only	19:15 - 20:00 Adults Only				
20:00	19:30- 20:00 Adults Only	20:00 - 20:45 Adults Only	20:00 - 20:45 Adults Only	20:00 - 20:45 Adults Only				



Scan  
to book

Advance booking is essential for ALL swim sessions. Go to [www.atlanticreach.co.uk/swimming](http://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.  
Leisure Pass holders please book Adult Only morning sessions at the Leisure Reception rather than online.