# 2026 INDOOR POOL TIMETABLE SUMMER HOLIDAYS #1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 06:30 | 06:30 - 07:15<br>Adults Only | 06:30 - 07:15<br>Adults Only | 06:30 - 07:15<br>Adults Only | 06:30 - 07:15<br>Adults Only | 06:30 - 07:15<br>Adults Only | Closed | Closed |
| 07:00 | 07:15 - 08:00<br>Adults Only | 07:15 - 08:00<br>Adults Only | 07:15 - 08:00<br>Adults Only | 07:15 - 08:00<br>Adults Only | 07:15 - 08:00<br>Adults Only | 07:30 - 08:15<br>Adults Only | 07:30 - 08:15<br>Adults Only |
| 08:00 | 08:00 - 09:00<br>Adults Only | 08:00 - 09:00<br>Adults Only | 08:00 - 09:00<br>Adults Only | 08:00 - 09:00<br>Adults Only | 08:00 - 09:00<br>Adults Only | 08:15 - 09:00<br>Adults Only | 08:15 - 09:00<br>Adults Only |
| 09:00 | 09:00 - 10:30<br>Open Swim | 09:20 - 10:15<br>Aqua Aerobics | 09:15 - 10:15<br>Aqua Aerobics | 09:00 - 10:30<br>Open Swim | 09:00 - 10:30<br>Open Swim | 09:00 - 10:30<br>Open Swim | 09:00 - 10:30<br>Open Swim |
| 10:00 | | | | | | | |
| 11:00 | 10:30 - 12:00<br>Open Swim | 10:30 - 12:00<br>Open Swim | 10:30 - 12:00<br>Open Swim | 10:30 - 12:00<br>Open Swim | 10:30 - 12:00<br>Open Swim | 10:30 - 12:00<br>Open Swim | 10:30 - 12:00<br>Open Swim |
| 12:00 | 12:00 - 13:00<br>Open Swim | 12:00 - 13:30<br>Open Swim | 12:00 - 13:30<br>Open Swim | 12:00 - 13:30<br>Open Swim | 12:00 - 13:30<br>Open Swim | 12:00 - 13:30<br>Open Swim | 12:00 - 13:30<br>Open Swim |
| 13:00 | 13:00 - 14:00<br>50+ Swim | | | | | | |
| 14:00 | 14:00 - 15:00<br>Open Swim | 13:30 - 15:00<br>Open Swim | 13:30 - 15:00<br>Open Swim | 13:30-15:00<br>Open Swim | 13:30-15:00<br>Open Swim | 13:30-15:00<br>Open Swim | 13:30-15:00<br>Open Swim |
| 15:00 | 15:00 - 16:30<br>Open Swim | 15:00 - 16:30<br>Open Swim | 15:00 - 16:30<br>Open Swim | 15:00 - 16:30<br>Open Swim | 15:00 - 16:30<br>Open Swim | 15:00 - 16:30<br>Open Swim | 15:00 - 16:30<br>Open Swim |
| 16:00 | | | | | | | |
| 17:00 | 16:30 - 17:30<br>Open Swim | 16:30 - 18:00<br>Open Swim | 16:30 - 18:00<br>Open Swim | 16:30 - 18:00<br>Open Swim | 16:30 - 18:00<br>Open Swim | 16:30 - 18:00<br>Open Swim | 16:30 - 18:00<br>Open Swim |
| 18:00 | 17:30 - 18:45<br>Open Swim | 18:30-19:30<br>Open Swim | 18:00 - 19:30<br>Open Swim | 18:00 - 19:30<br>Open Swim | 18:00 - 19:30<br>Open Swim | 18:00 - 19:30<br>Open Swim | 18:00 - 19:30<br>Open Swim |
| 19:00 | 19:00 - 19:45<br>Aqua Aerobics | 19:30- 20:00 Adults Only | 19:30 - 20:00 Adults Only | 19:30 - 20:00 Adults Only | 19:30 - 20:00 Adults Only | 19:30-20:30<br>Open Swim | 19:30-20:30<br>Open Swim |
| 20:00 | 20:00 - 20:45 Adults Only | 20:00 - 20:45 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
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 Club Reception rather than online.