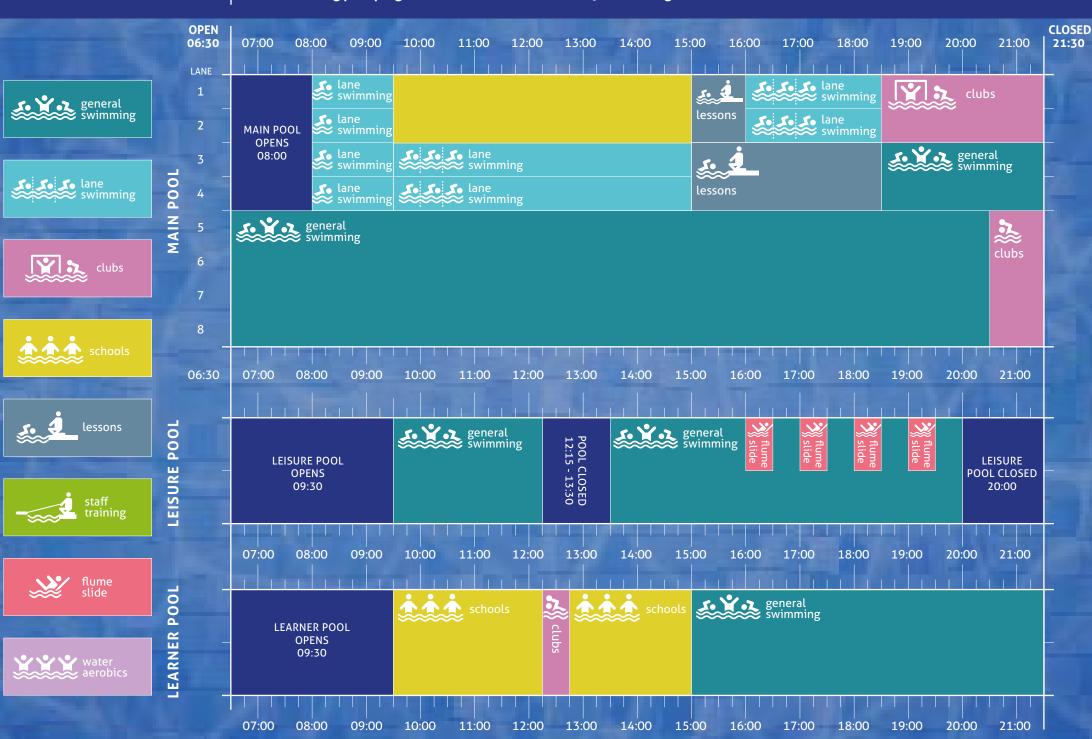


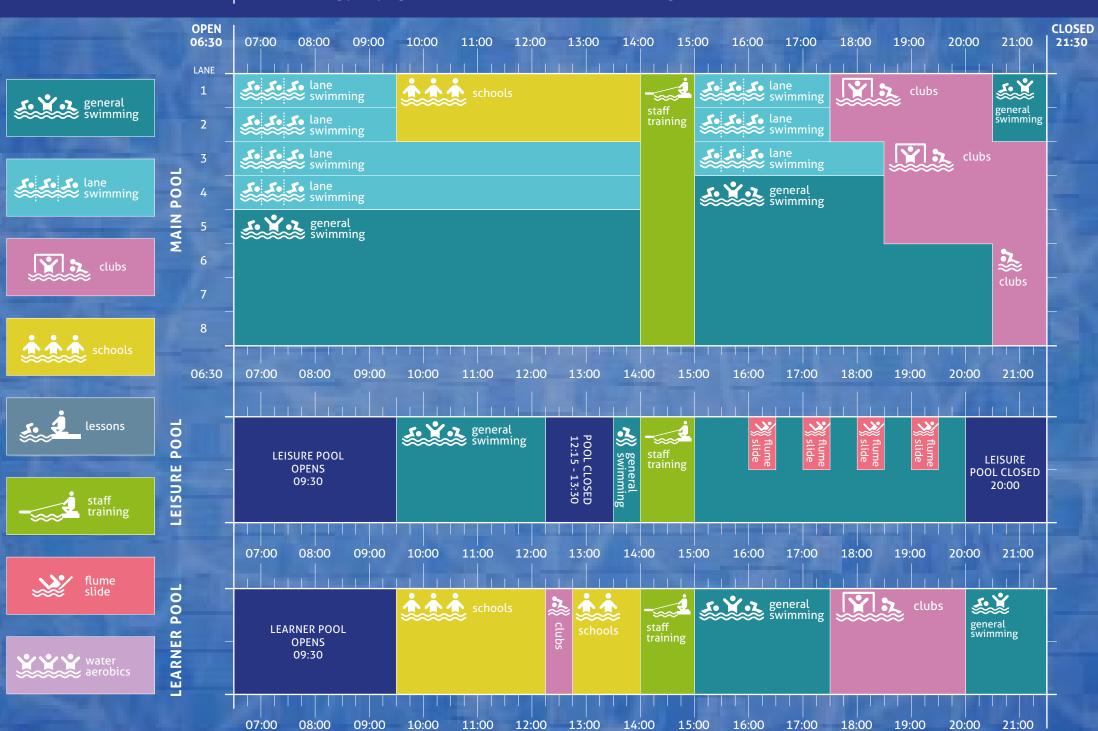
MONDAY

110110711		Our Swimming poor programmes and timetables are subject to change.				
	OPEN 06:30	07:00 08:00 09:00	10:00 11:00 12:00	13:00 14:00 1	5:00 16:00 17:00 18:00	CLC 19:00 20:00 21:00 21
general swimming	LANE	lane swimming	schools		lessons	clubs
	2 — 3	swimming lane swimming lane swimming	↓ ↓ ↓ lane swimming		Solane swimming	clubs
lane swimming		swimming lane swimming	swimming lane swimming		swimming lane swimming	
clubs	TOOd NIPW 6	general swimming	Be Active Water Aerobics			
schools	7 - 8 -					
lessons	06:30 - 00 06:30	07:00 08:00 09:00	10:00 11:00 12:00 see		5:00 16:00 17:00 18:00 general swimming stide swimming stide de la stide de l	19:00 20:00 21:00
staff training	LEISURE POOL	OPENS 09:30		POOL CLOSED 12:15 - 13:30		POOL CLOSED 20:00
flume slide		07:00 08:00 09:00	10:00 11:00 12:00	13:00 14:00 1	5:00 16:00 17:00 18:00	19:00 20:00 21:00
water aerobics	LEARNER POO	LEARNER POOL OPENS 09:30	schools	POOL CLOSED 12:15 - 13:30	general swimming lessons	general swimming
7		07:00 08:00 09:00	10:00 11:00 12:00	13:00 14:00 1	5:00 16:00 17:00 18:00	19:00 20:00 21:00

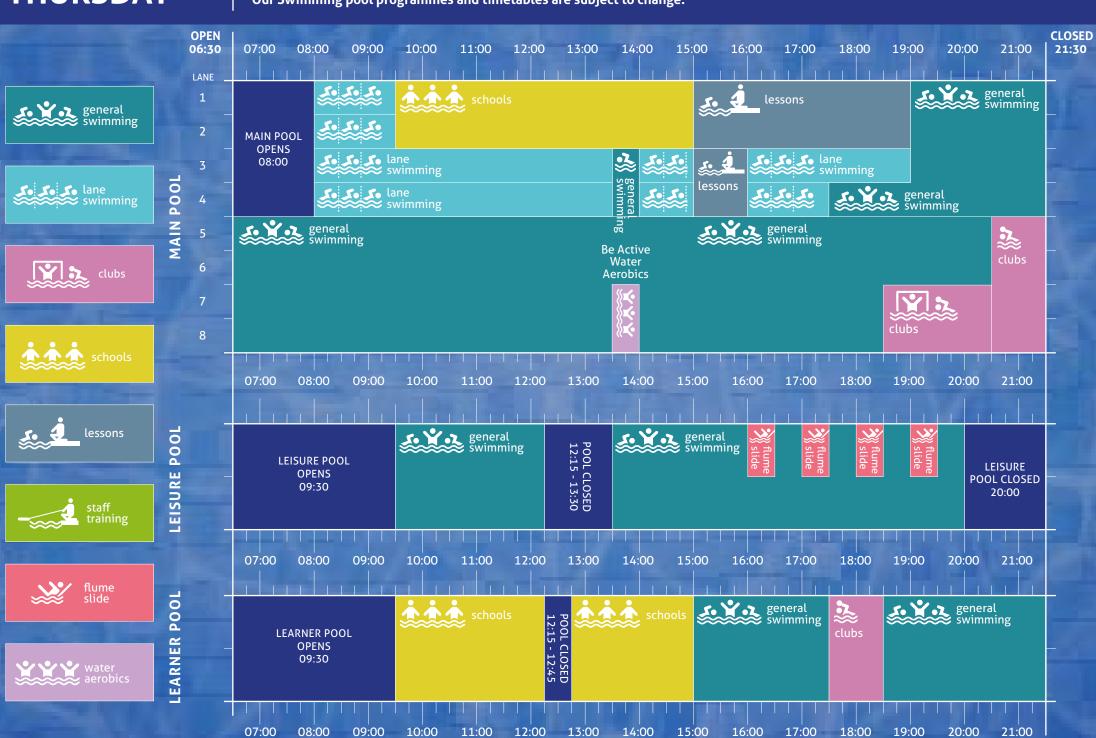
TUESDAY



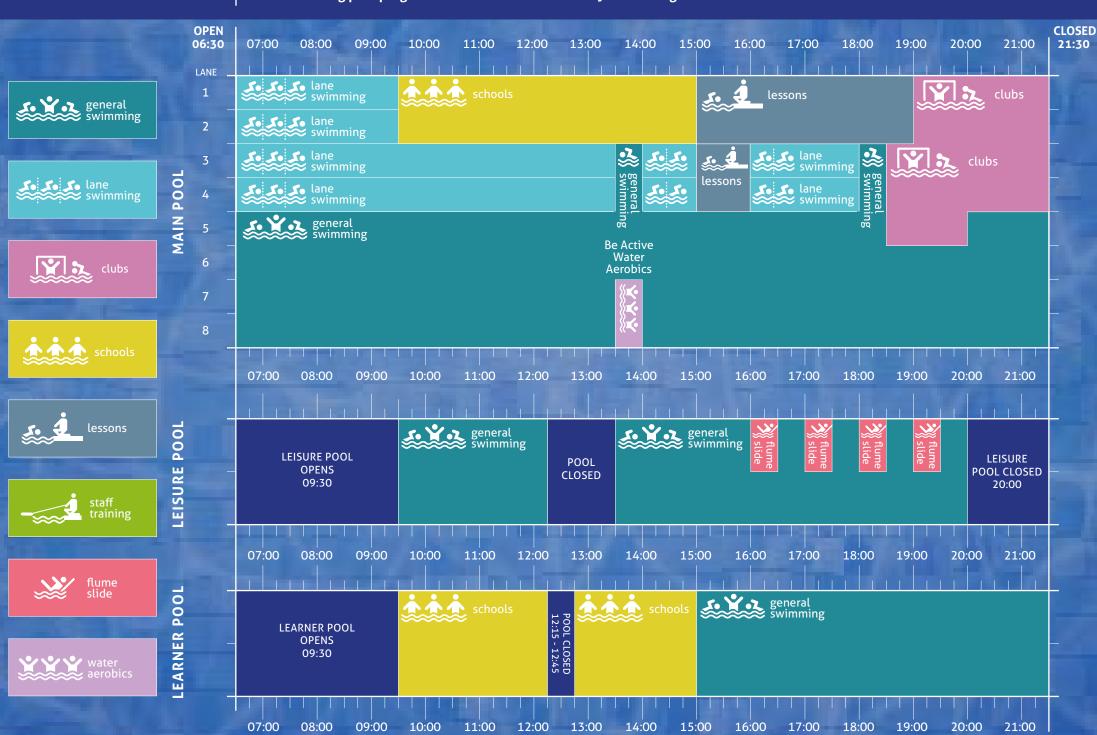
WEDNESDAY



THURSDAY

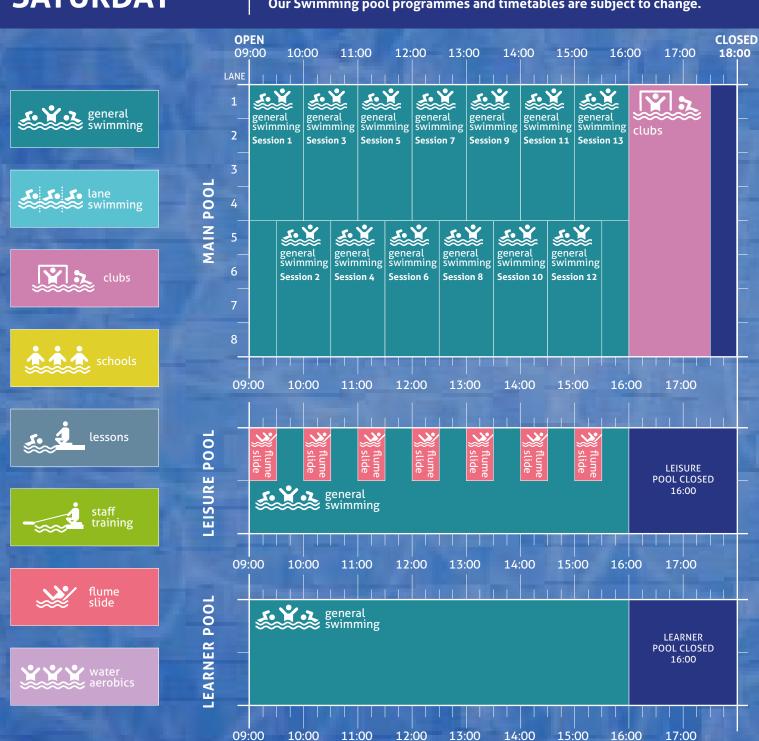


FRIDAY



SATURDAY

Our Swimming pool programmes and timetables are subject to change.



You must book weekend and public holiday swim sessions in advance on 'NMD Be Active' app.

You can book the Health Suite at Reception if access is included in your membership. Non Members can also book and pay for Health Suite access at Reception. Maximum capacity limits may apply.

