



SUMMER HOLIDAYS

29/07/19 - 31/08/19



MONDAY

9.00am-10.30am	Ladies Only
11.00am-12.00pm	55+ club
12.00pm-2.00pm	Public
2.00pm-3.00pm	Aquafit
3.00pm-4.30pm	Family Swim
4.30pm-6.00pm	Public
6.00pm-7.00pm	Staff Training
7.00pm-8.00pm	Adults Only
8.00pm-9.00pm	Aquafit

TUESDAY

7.00am-9.00am	Public
9.00am-10.00am	Dragon swim
10.00am-11.00am	Private Hire
11.00am-3.00pm	Public
3.00pm-4.30pm	Family Swim
4.30pm-6.30pm	Public
6.30pm-8.00pm	Adults Only

WEDNESDAY

9.00am-10.00am	Dragon swim
10.00am-11.00am	Private Hire
11.00am-3.00pm	Public
3.00pm-4.30pm	Family Swim
4.30pm-6.30pm	Public
6.30pm-7.30pm	Adults Only

DRAGON SWIM 8 yrs+ or Stage 4

INTRO TO LIFESAVING COURSE	AUG 6th, 7th & 8th	9.00am - 10.00am	£7.50
SNORKELLING	TUES AUG 13th, 20th, 27th		£2.40 per session
WATERPOLO	WED AUG 14th, 21st, 28th		£2.40 per session
STROKES, SKILLS & BADGES	THURS AUG 15th, 22nd, 29th		£2.40 per session

THURSDAY

7.00am-9.00am	Public
9.00am-10.00am	Dragon swim
10.00am-11.00am	Private Hire
11.00am-3.00pm	Public
3.00pm-4.30pm	Family Swim
4.30pm-6.30pm	Public
6.30pm-7.30pm	Adults Only

FRIDAY

7.00am-9.00am	Public
9.00am-10.00am	Adults & infants *1
10.00am-11.00am	Private Hire
11.00am-12.00pm	55+ club
12.00pm-3.00pm	Public
3.00pm-4.30pm	Family Swim

SATURDAY

10.00am-11.00am	FREE Dragon Swim
11.00am-1.00pm	Family Swim*
1.00pm onwards	Pool parties

UNDER 16's FREE SWIM

MONDAYS & FRIDAYS	12.00pm-1.00pm
SATURDAYS	11.00am-1.00pm*

*** ADULTS PAY £1 IN THIS SESSION**

*1 No Adult & infant session on Friday August 2nd

BANK HOLIDAY Mon August 26th

9.00am-10.30am	Ladies Only
12.00pm- 2.00pm	Public



Term Time Opening Hours 03/06/19 - 20/07/19

MONDAY

9.00 - 10.30am	Ladies Only
11.00 - 12.00pm	55+ Club
12.00 - 2.00pm	Public
2.00 - 3.00pm	Aqua Fit
3.30 - 5.00pm	Swim Lessons
5.00 - 6.00pm	Junior Survival
6.00 - 7.00pm	Staff Training
7.00 - 8.00pm	Adult Only
8.00 - 9.00pm	Aqua Fit

TUESDAY

7.00 - 11.00am	Public
11.00 - 3.00pm	Private Booking
3.30 - 6.00pm	Swim Lessons
6.30 - 8.00pm	Adults only
8.00 - 9.00pm	Princes Gate Ladies

WEDNESDAY

11.00 - 1.00pm	Public
3.30 - 5.40pm	Swim Lessons
5.40 - 7.30pm	Public

THURSDAY

7.00 - 9.00am	Public
12.00 - 1.00pm	Public
3.30 - 5.00pm	Family Swim
5.00 - 5.40pm	Swim Lessons
5.40 - 6.30pm	Public
6.30 - 7.30pm	Adult Only

FRIDAY

7.00 - 9.30am	Public
9.30 - 10.30am	Adult & Infant
11.00 - 12.00pm	55+ Club
12.00 - 1.30pm	Public
1.30 - 5.30pm	Private booking
6.00 - 6.30pm	Hydro Cycling

SATURDAY

9.30 - 11.00am	Narberth Swim Club
11.00 - 1.00pm	Family Swim**

SUNDAY

CLOSED

** Free Children Family Swim for under 16 years every Saturday 11.00 - 1.00pm accompanying adults £1.00 each

Pool Parties