

21/07/2025 – 24/08/2025
opsmanager@southernswimmingpool.im

Mon	07:00 – 10:30	Early Risers Lane Swimming
	11:00 – 13:30	Public Session (lessons sharing pool)
	14:00 – 16:00	Family Session
	16:30 – 21:00	Public Session (lessons sharing pool)
Tue	07:00 – 10:30	Early Risers Lane Swimming
	11:00 – 12:30	Public Session
	12:30 – 13:30	Fun Session
	14:00 – 17:30	Public Session
	19:45 – 21:00	Public Session
Wed	15:00 – 16:00	Public Session
	Changed times	Except 24 th July – No session
	18:15 – 19:00	AquaFit
	19:15 – 21:00	Public Session
Thu	07:00 – 09:00	Early Risers Lane Swimming
	09:00 – 10:00	AquaBlitz
	11:00 – 12:30	Public Session
	12:30 – 13:30	Family Session
	14:00 – 17:30	Public Session
	18:00 – 19:00	Public Session
	19:00 – 21:00	Public Session - Except first two Thursdays each month
Fri	06:00 – 10:00	Early Risers Lane Swimming
	11:00 – 13:30	Public Session
	14:00 – 17:30	Public Session
	18:00 – 19:30	Public Session

Please turn over for weekend hours

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Sat	08:30 – 10:00	Public Session (lessons sharing pool)
	12:15 – 13:15	Inclusive Swim – last two Saturdays each month
	13:15 – 14:15	Fun Session
	14:30 – 16:30	Public Session

Sun	08:30 – 11:00	Public Session
	11:00 – 12:30	Family Session

Admissions

	Single Admission	Block Card – 10 admissions
Adult	£4.80	£43.00
Senior - Over 65	£3.50	£31.50
Junior - Under 16	£3.50	£31.50
Under 8	£1.60	-
Concession	£2.60	-
Aquafit	£6.80	£61.00
Community Splash	Card must be displayed	

Children aged under 8 years old must be accompanied by an adult aged 16 years or older.

This timetable is subject to change, please call reception (01624 823930) for the most up to date information.

Private swimming lessons may occur in any public session.