

Monday - 21st August 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Small Pool
6.00									6.00
6.15									6.15
6.30									6.30
6.45									6.45
7.00									7.00
7.15									7.15
7.30						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	7.30
7.45									7.45
8.00									8.00
8.15	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				8.15
8.30									8.30
8.45									8.45
9.00									9.00
9.15									9.15
9.30									9.30
9.45									9.45
10.00						Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	10.00
10.15									10.15
10.30									10.30
10.45									10.45
11.00									11.00
11.15	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Swim (1.2m)	Senior Swim (General)	Senior Swim (General)	Senior Swim (General)	11.15
11.30									11.30
11.45									11.45
12.00									12.00
12.15									12.15
12.30									12.30
12.45									12.45
13.00									13.00
13.15									13.15
13.30									13.30
13.45									13.45
14.00									14.00
14.15									14.15
14.30									14.30
14.45						Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	14.45
15.00									15.00
15.15									15.15
15.30									15.30
15.45	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				15.45
16.00									16.00
16.15									16.15
16.30									16.30
16.45									16.45
17.00									17.00
17.15									17.15
17.30									17.30
17.45									17.45
18.00									18.00
18.15									18.15
18.30						Lane Swim	Lane Swim	Lane Swim	18.30
18.45									18.45
19.00									19.00
19.15									19.15
19.30									19.30
19.45									19.45
20.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Underwater Hockey (1.8m)				20.00
20.15									20.15
20.30									20.30
20.45									20.45
21.00	Pool Closes at 21.00								21.00

Tuesday - 22nd August 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Small Pool		
6.00									6.00		
6.15									6.15		
6.30									6.30		
6.45									6.45		
7.00									7.00		
7.15									7.15		
7.30						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	7.30		
7.45									7.45		
8.00									8.00		
8.15									8.15		
8.30									8.30		
8.45									8.45		
9.00									9.00		
9.15									9.15		
9.30	Lane Swim					Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	9.30		
9.45											9.45
10.00		Lane Swim									10.00
10.15											10.15
10.30											10.30
10.45											10.45
11.00											11.00
11.15											11.15
11.30											11.30
11.45											11.45
12.00								12.00			
12.15				Lane Swim				12.15			
12.30								12.30			
12.45								12.45			
13.00								13.00			
13.15			Lane Swim		Lane Swim (1.2m)			13.15			
13.30								13.30			
13.45	Private Hire (AL)							13.45			
14.00								14.00			
14.15								14.15			
14.30								14.30			
14.45								14.45			
15.00	Private Hire (Course)							15.00			
15.15								15.15			
15.30								15.30			
15.45								15.45			
16.00								16.00			
16.15								16.15			
16.30								16.30			
16.45								16.45			
17.00								17.00			
17.15								17.15			
17.30								17.30			
17.45								17.45			
18.00								18.00			
18.15								18.15			
18.30								18.30			
18.45	Lane Swim	Lane Swim						18.45			
19.00								19.00			
19.15						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	19.15		
19.30									19.30		
19.45									19.45		
20.00				Private Hire					20.00		
20.15									20.15		
20.30									20.30		
20.45									20.45		
21.00									21.00		

Pool Closes at 21.00

Wednesday - 23rd August 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Small Pool					
6.00									6.00					
6.15									6.15					
6.30									6.30					
6.45									6.45					
7.00									7.00					
7.15									7.15					
7.30						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	7.30					
7.45									7.45					
8.00									8.00					
8.15	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				8.15					
8.30									8.30					
8.45									8.45					
9.00									9.00					
9.15									9.15					
9.30									9.30					
9.45									9.45					
10.00						Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	10.00					
10.15									10.15					
10.30									10.30					
10.45									10.45					
11.00									11.00					
11.15	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Swim (1.2m)	Senior Swim (General)	Senior Swim (General)	Senior Swim (General)	11.15					
11.30									11.30					
11.45									11.45					
12.00									12.00					
12.15									12.15					
12.30									12.30					
12.45									12.45					
13.00									13.00					
13.15									13.15					
13.30									13.30					
13.45									13.45					
14.00									14.00					
14.15									14.15					
14.30									14.30					
14.45						Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	14.45					
15.00									15.00					
15.15									15.15					
15.30	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				15.30					
15.45									15.45					
16.00									16.00					
16.15									16.15					
16.30									16.30					
16.45									16.45					
17.00									17.00					
17.15									17.15					
17.30									17.30					
17.45									17.45					
18.00						Lane Swim (1.2m)			18.00					
18.15									18.15					
18.30									18.30					
18.45									18.45					
19.00									19.00					
19.15	Staines SC							Lane Swim (1.2m)	Lane Swim (1.2m)	19.15				
19.30														19.30
19.45														19.45
20.00														20.00
20.15														20.15
20.30														20.30
20.45								20.45						
21.00									21.00					

Pool Closes at 21.00

Thursday - 24th August 23

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Small Pool
6.00									
6.15									
6.30									
6.45									
7.00									
7.15									
7.30									
7.45									
8.00									
8.15									
8.30									
8.45									
9.00									
9.15									
9.30	Lane Swim					Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	
9.45									
10.00									Toddler Splash
10.15									
10.30									
10.45									
11.00									
11.15									
11.30									
11.45									Junior Splash u8's (Small Pool)
12.00									
12.15						Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	
12.30									
12.45									
13.00									
13.15									
13.30		Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				
13.45									
14.00	Private Hire (AL)								Private Hire (SB)
14.15									
14.30									
14.45									
15.00									
15.15									
15.30									
15.45									Junior Splash u8's (Small Pool)
16.00									
16.15									
16.30									
16.45									
17.00									
17.15									
17.30									
17.45	Lane Swim								
18.00						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	
18.15									
18.30									
18.45									
19.00									Family Aqua (18.50-19.35)
19.15									
19.30									
19.45									
20.00									
20.15									
20.30									
20.45									
21.00									

Pool Closes at 21.00

Friday - 25th August 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Small Pool
6.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	6.00	
6.15									6.15	
6.30									6.30	
6.45									6.45	
7.00									7.00	
7.15									7.15	
7.30									7.30	
7.45	7.45									
8.00	Private Hire (AL)	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				8.00	
8.15									8.15	
8.30									8.30	
8.45									8.45	
9.00									9.00	
9.15	9.15									
9.30	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)				9.30	Toddler Splash
9.45									9.45	
10.00									10.00	
10.15									10.15	
10.30									10.30	
10.45	10.45									
11.00	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Lane Swim	Senior Swim (1.2m)	Senior Swim (General)	Senior Swim (General)	Senior Swim (General)	11.00	Junior Splash u8's (Small Pool)
11.15									11.15	
11.30									11.30	
11.45									11.45	
12.00									12.00	
12.15	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	12.15	Junior Splash u8's (Small Pool)
12.30									12.30	
12.45									12.45	
13.00									13.00	
13.15									13.15	
13.30									13.30	
13.45									13.45	
14.00									14.00	
14.15									14.15	
14.30									14.30	
14.45									14.45	
15.00									15.00	
15.15									15.15	
15.30									15.30	
15.45									15.45	
16.00	16.00									
16.15	16.15									
16.30	16.30									
16.45	16.45									
17.00	17.00									
17.15	17.15									
17.30	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	17.30	
17.45									17.45	
18.00									18.00	
18.15									18.15	
18.30									18.30	
18.45	18.45									
19.00	Pool Closes at 19.00								19.00	

Saturday - 26th August 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Small Pool		
8.00	Private Hire (AL)				Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	8.00			
8.15									8.15			
8.30									8.30			
8.45									8.45			
9.00									9.00			
9.15									9.15			
9.30	Lane Swim	Lane Swim	Lane Swim	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	9.30	Toddler Splash			
9.45								9.45				
10.00								10.00				
10.15								10.15				
10.30								10.30				
10.45								10.45				
11.00				11.00								
11.15				11.15								
11.30				11.30								
11.45				11.45								
12.00				Lane Swim	Lane Swim	Lane Swim	Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	12.00	Junior Splash u8's (Small Pool)
12.15				12.15								
12.30				12.30								
12.45				12.45								
13.00				Lane Swim							13.00	
13.15											13.15	
13.30							13.30					
13.45							13.45					
14.00				14.00								
14.15				14.15								
14.30				14.30								
14.45				14.45								
15.00				15.00								
15.15				15.15								
15.30				15.30								
15.45				15.45								
16.00				16.00								
16.15				16.15								
16.30				16.30								

Pool Closes at 16.30

Sunday - 27th August 2023

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Small Pool	
8.00										8.00	
8.15										8.15	
8.30										8.30	
8.45										8.45	
9.00						Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	Lane Swim (1.2m)	9.00	
9.15										9.15	
9.30										9.30	
9.45										9.45	Toddler Splash
10.00										10.00	
10.15										10.15	
10.30										10.30	
10.45										10.45	
11.00										11.00	
11.15										11.15	
11.30										11.30	
11.45										11.45	
12.00	Lane Swim	Lane Swim	Lane Swim	Lane Swim						12.00	
12.15										12.15	
12.30										12.30	
12.45										12.45	
13.00										13.00	
13.15						Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	Fun Splash (Main Pool)	13.15	Junior Splash u8's (Small Pool)
13.30										13.30	
13.45										13.45	
14.00										14.00	
14.15										14.15	
14.30										14.30	
14.45										14.45	
15.00										15.00	
15.15										15.15	
15.30										15.30	
15.45										15.45	
16.00										16.00	
16.15										16.15	
16.30	Pool Closes at 16.30										16.30