

25m Pool Public Swimming Timetable

2m Depth, 1.25m Shallow End, 6 Lanes*

Monday

07:00-18:00

18:10-18:55 (Aqua Class Only)

Tuesday

07:00-13.00

15:00-19:00

18:00-19:00 (Swim Fit)

Wednesday

07:00-13:00

13:10-13:55 (Aqua Class Only)

16:00-17:00 (Swim Fit^)

16:00-19:00

Thursday

07:00-13.00

15:00-19:00

Friday

07:00-19:00

Saturday

12:00noon-14:00(Rec/Fmly Swim)

14:00-17:00

Sunday

13:00noon-14:00 (Swim Fit^)

12:00noon-17:00

*a minimum of 3 lanes will be allocated to Public Swimming during these times. Off Peak Swimming includes Monday to Friday between 09:00 - 16:00 and all day Saturday and Sunday.

^session is available with a coach term time only. Further dates are available on the website.

Children under the age of 8 must be accompanied by a parent or responsible adult (over 16 years) and supervised on a two to one basis. It is recommended that children under the age of 5 should be supervised on a one to one basis.

Sport Central reserves the right to change scheduled public sessions and lane allocation at short notice. If in doubt, please confirm times with staff at Sport Central. Session times may vary by 5 minutes to allow pool set-up time.

For further information please call the main Reception on 0191 227 4700 or visit www.nusportcentral.co.uk