

main pool aquatic programme

Wednesday 5th January - Friday 1st April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
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1730	1730	1730	1730	1730	1730	1730
1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

AQUA NATAL

Benefit from being in the water with this fantastic and fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward.

AQUA WALKING

the pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

AQUA ZUMBA®

Latin inspired dance class, Aqua-Zumba Light (LT) is a slower and gentler session.

CHILL OUT SESSION

This adult only session has darkened lighting and ambient music for a end of day de-stress.

INFLATABLES 8 - 13 YEAR OLD

The inflatables are for dependers only, the Leisure Pool is also available.

LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

MASTERS SWIMMING

Follow a set or take part at your own pace, min age 14+.

PUBLIC SWIMMING

A swimming session open to everyone.

The Hub

Private session for young generation of 'The Hub' members.

WELLNESS SESSION

Slower paced session that helps less active swimmers with recovery from illness or injury.

Health Suite

Mon, Tue, Thur & Fri:
1000 - 1500, 1600 - 2100

Wed: 1000 - 1500, 1600 - 2030

Thurs: 2100 - 2200 (Ladies Only)

Sat: 1000 - 1300, 1400 - 1900

Sun: 1000 - 1300, 1400 - 1900

No booking required but there will be restricted numbers in each area, see information notices before use.



leisure pool aquatic programme

Wednesday 5th January - Friday 1st April



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0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
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0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
1230	1230	1230	1230	1230	1230	1230
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1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

PRE-SCHOOL

The Pre-School session focuses on early swim practices whilst still keeping a fun element and enhancing safety awareness of participants. Ages 3-5 years. Booking required. These classes have an area roped off for safety reasons, this will limit access to some features during public swimming.

PARENTS & WEE ONES

A public session allowing parents with babies & toddlers to enjoy the facilities together.



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