Thursday 6th August 2026

25M POOL

6:00 a.m.	8:00 p.m.	Lane 1 - 2	Aqua Jogging
6:00 a.m.	9:30 a.m	Lane 3 - 8	Public Lane Swimming
9:30 a.m	10:30 a.m	Lane 7 - 8	Elmgrove School - JC
9:30 a.m	10:30 a.m	Lane 3 - 6	Public Lane Swimming
10:30 a.m	11:30 a.m	Lane 6 - 8	Elmgrove School - JC
10:30 a.m	11:30 a.m	Lane 3 - 5	Public Lane Swimming
11:30 a.m	3:00 p.m	Lane 3 - 8	Public Lane Swimming
3:00 p.m	5:45 p.m	Lane 7 - 8	JC Swim School
3:00 p.m	5:45 p.m	Lane 3 - 6	Public Lane Swimming
5:45 p.m	6:30 p.m	Lane 3 - 4	Public Lane Swimming
6:30 p.m	7:15 p.m	Lane 6 - 8	Aqua Fitness Class
6:30 p.m	7:15 p.m	Lane 3 - 5	Public Lane Swimming
7:15 p.m	8:00 p.m.	Lane 3 - 8	Public Lane Swimming

HYDROTHERAPY POOL

6:00 a.m.	8:00 p.m.	Hydrotherapy Pool	Aqua Jogging

LEARNERS POOL

9:30 a.m	11:30 a.m	Lane 4	Elmgrove School - JC
3:00 p.m	6:00 p.m	Lane 3 - 4	JC Swim School

POOLSIDE ROOM

9:15 a.m	11:30 a.m	Poolside Room	Elmgrove School - JC

SPA POOL

6:00 a.m.	8:00 p.m.	**SPA POOL CLOSED**