

08/09/2025 – 24/10/2025

opsmanager@southernswimmingpool.im

Mon	07:00 – 09:00	Early Risers Lane Swimming
	11:00 – 12:00	Public Session
	14:45 – 15:45	Public Session
	18:00 – 21:00	Public Session
Tue	07:00 – 09:00	Early Risers Lane Swimming
	11:00 – 13:15	Public Session
	14:00 – 15:45	Public Session
Wed	15:00 – 16:00	Public Session
	18:15 – 19:00	AquaFit
	19:15 – 21:00	Public Session
Thu	07:00 – 08:30	Early Risers Lane Swimming
	08:30 – 09:30	AquaBlitz
	12:00 – 15:30	Public Session
	18:00 – 19:00	Public Session
	19:00 – 21:00	Public Session - Except first two Thursdays each month
Fri	06:00 – 09:00	Early Risers Lane Swimming
	13:15 – 15:30	Public Session
Sat	08:30 – 10:00	Public Session
	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

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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.
