

MAIN POOL

HEIGHTS HOLIDAY SWIM TIMETABLE

1leisure

Running from Saturday 26th July to Sunday 31st August 2025 (Including August Bank Holiday)

MONDAY	
6.00 to 7.30am	Lane swim
7.30 to 9.00am	Casual swim
9.00 to 9.55am	Lane swim
10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Lane swim
6.30 to 7.15pm	Aqua/Deep
7.30 to 9.00pm	Casual swim

TUESDAY	
6.00 to 7.30am	Lane swim
7.30 to 8.30am	Marlins
9.00 to 9.45am	Aquacise
10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Lane swim
6.30 to 7.30pm	Casual swim
8.00 to 9.00pm	Lane swim

WEDNESDAY	
6.00 to 7.30am	Lane swim
7.30 to 9.00am	Casual swim
9.00 to 9.55am	Lane swim
10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Lane swim
6.30 to 7.15pm	Aqua/Deep
7.30 to 9.00pm	Casual swim

THURSDAY	
6.00 to 7.30am	Lane swim
7.30 to 8.30am	Marlins
9.00 to 9.45am	Aquacise
10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Lane swim
6.30 to 8.00pm	Casual swim
8.00 to 9.00pm	Lane swim

FRIDAY	
6.00 to 7.30am	Lane swim
7.30 to 9.00am	Casual swim
9.00 to 9.55am	Lane swim
10.00 to 10.50am	Casual swim
11.00 to 11.45am	Aquacise
11.50am to 1.00pm	Lane swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Casual swim
5.35 to 6.25pm	Lane swim
6.30 to 7.15pm	Aquacise
7.30 to 9.00pm	Casual swim

SATURDAY	
8.30 to 11.30am	Swimming lessons
11.30am to 2.00pm	Fun session
2.00 to 2.55pm	Casual swim
3.00 to 3.45pm	Swim parties
4.00 to 4.45pm	Accessible swim club

SUNDAY	
8.00 to 8.55am	Lane swim
9.00 to 11.30am	Fun session
11.30am to 12.30pm	Casual swim
12.45 to 2.45pm	Fun session
2.45 to 4.00pm	Casual swim

SMALL POOL

HEIGHTS HOLIDAY SWIM TIMETABLE

MONDAY	
9.00 to 9.55am	Casual swim
10.00 to 10.45am	Aquacise
11.50am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Casual swim

TUESDAY	
10.00 to 11.00am	Aqua babes
11.50am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Casual swim

WEDNESDAY	
9.00 to 9.55am	Casual swim
10.00 to 10.45am	Aquacise
11.50am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Casual swim

THURSDAY	
10.00 to 11.00am	Aqua babes
11.50am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Swimming lessons
5.35 to 6.25pm	Casual swim

FRIDAY	
9.00 to 9.55am	Casual swim
10.00 to 10.45am	Aquacise
11.50am to 1.00pm	Casual swim
1.05 to 2.20pm	Fun session
2.30 to 3.45pm	Fun session
4.00 to 5.30pm	Casual swim
5.35 to 6.25pm	Casual swim

SATURDAY	
8.30 to 11.30am	Swimming lessons
11.30am to 2.00pm	Fun session
2.00 to 2.55pm	Casual swim
3.00 to 3.45pm	Swim parties
4.00 to 4.45pm	Accessible swim club

SUNDAY	
9.00 to 11.30am	Fun session
11.30am to 12.30pm	Casual swim
12.45 to 2.45pm	Fun session
2.45 to 4.00pm	Casual swim