



### Virgin Active Swiss Cottage Pool Timetable

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
	fast lane	fast lane	medium	Slow	fast lane	fast lane	medium	Slow	fast lane	fast lane	medium	Slow	fast lane	fast lane	medium	Slow	fast lane	fast lane	medium	Slow	fast lane	fast lane	medium	Slow	fast lane	fast lane	medium	Slow
6.00																												
6.15																												
6.45																												
7.00																												
7.15																												
7.30																												
7.45	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only
8.00																												
8.15																												
8.30																												
9.00																												
9.15																												
9.30																												
9.45																												
10.00	Lane Swim	Lane Swim	Adult Aqua	Adult Aqua	Lane Swim	Lane Swim	Adult Aqua	Adult Aqua	Lane Swim	Lane Swim	Adult Aqua	Adult Aqua	Lane Swim	Lane Swim	Adult Aqua	Adult Aqua	Lane Swim	Lane Swim	Adult Aqua	Adult Aqua								
10.15																												
10.30																												
10.45																												
11.00			Lane Swim	Family Swim			Parent & Baby class	Parent & Baby class			Lane Swim	Family Swim			Parent & Baby class	Parent & Baby class			Lane Swim	Family Swim								
11.15																												
11.30																												
11.45																												
12.00	HYDRO	HYDRO	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only
12.15																												
12.30																												
12.45																												
13.00																												
13.15			Adult Aqua	Adult Aqua							Adult Aqua	Adult Aqua																
13.30																												
13.45																												
14.00																												
14.15																												
14.30																												
14.45																												
15.00																												
15.15	Swim Lessons	Swim Lessons	Lane Swim	Family Swim	Swim Lessons	Swim Lessons	Lane Swim	Family Swim	Swim Lessons	Swim Lessons	Lane Swim	Family Swim	Swim Lessons	Swim Lessons	Lane Swim	Family Swim	Swim Lessons	Swim Lessons	Lane Swim	Family Swim	Swim Lessons	Swim Lessons	Lane Swim	Family Swim	Swim Lessons	Swim Lessons	Lane Swim	Family Swim
15.30																												
15.45																												
16.00																												
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18.45																												
19.00																												
19.15																												
19.30													HYDRO	HYDRO														
19.45																												
20.00																												
20.15																												
20.30	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only	Adult Only
20.45																												
21.00																												
21.15																												
21.30																												
21.45																												
22.00																												
22.15																												
22.30																												

Adult Lessons will be taking place various times & days throughout adult only times

The small pool is only open to families outside adult only times within family swim sessions

During School holidays swim crash courses will be in one fast lane between 9-6pm Mon to Fri

HYDRO is a free adultswim club, please enquire at reception for more details.

Pool Closed

Swim Lessons

Family Swim

Adult only & Lane Swim

Adult Aqua Lessons

Parent and baby Lessons & Family Swim

HYDRO





































































































































































































