

Main Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday	6	Closed	Swim Fit (3Lanes)		Swim Fit (3 Lanes)			Swim NL					Swim Club			
	5		Public Session		Public Session					Public Session						
	4															
	3															
	2															
	1															
Tuesday	6	Closed	Swim Fit (3Lanes)		Swim Fit (3 Lanes)			Swim NL				Ladies Swim Club	Swim Club			
	5				Public Session											
	4															
	3															
	2															
	1															
Wednesday	6	Closed	Swim Fit (3Lanes)		Swim Fit (3 Lanes)			Swim NL			Public Session					
	5				Public Session					Swim Club		Clyde Valley	Swim Fit (3 Lanes)			
	4															
	3															
	2															
	1															
Thursday	6	Closed	Swim Fit (3Lanes)		Swim Fit (3 Lanes)			Swim NL			Swim Club					
	5				Public Session					Swim Fit (2 Lanes)						
	4															
	3															
	2															
	1															
Friday	6	Closed	Swim Fit (3Lanes)		Swim Fit (3 Lanes)			Swim NL	Swim Club		Swim NL shallow end only	Swim Fit (2 Lanes)	Closed			
	5				Public Session							Public Session				
	4															
	3															
	2															
	1															
Saturday	6	Closed	Swim Club		Swim NL			Staff training	Closed		Saturday Sports Scene			Closed		
	5				Public Sessions											
	4															
	3															
	2															
	1															
Sunday	6	Closed			Swim NL			Clyde Valley		Swim Club						
	5				Public Sessions											
	4															
	3															
	2															
	1															

Please note that there may be slight change in the main pool at certain days/times due to school swimming lessons.

Teaching Pool		07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday	Closed	Swim NL		Public Session	Swim NL	Public Session	Swim NL	Public Session	Closed	Swim NL		Public Session	Closed			
Tuesday	Closed	Public Session		Public Session	Swim NL	Ladies Swim Club	Closed									
Wednesday	Closed	Public Session		Public Session	Swim NL	Public Session	Closed									
Thursday	Closed	Public Session		Public Session	Swim NL	Closed										
Friday	Closed	Public Sessions		Swim NL	Public Session	Swim NL	Public Session	Closed								
Saturday	Closed	Swim NL	Public Session	Swim NL	Pool Play	Closed										
Sunday	Closed	Swim NL		Public Session	Pool Play	Closed										

Please note that there may be a reduced programme on certain days/times with regards to school swimming lessons

