

ADULT ONLY

Adult Only session for swimmers 16+

LANE SWIM

Lane swimming for those wishing to swim continuously. The lanes are for adults only (16+).

Under 16's are allowed when all lanes available, but must be 8 years or above and be able to demonstrate competency over 200m and is subject to the lifeguard's discretion..

FUN SESSION

An active pool session for the whole family to enjoy; the pool is filled with toys and floats to splash around with.

A fun experience for children of all ages.

TODDLER SPLASH

An active pool session for the whole family to enjoy; the pool is filled with toys and floats to splash around with.

A fun experience for children under the age of 8.

PARENT AND TODDLER

This is a instructor-led session designed to introduce your young ones to the world of water.

Helping to gain confidence through nursery rhymes play.

A fun experience for children under the age of 5.

GENERAL SWIM

These sessions are open to all.

All children under 8 years of age must be accompanied in the water at all times by an adult aged 16+

AQUA FIT

A great exercise class working out to music in the water. Fine for non swimmers, pre/post natal and those with joint problems or injuries. Pre-Booking required.

KIDS FIT

Get fit, stay in shape, improve swimming stamina or stroke efficiency by following structured programme cards and the guidance of our experienced coach. Swimmers need to be capable of swimming 8 lengths for this class.

A training session for ages 8 – 15.

KIDS LANE

Swimmers must be 8 years or above and be able to demonstrate competency over 200m and is subject to the lifeguard's discretion.

Pool Party Hire

Available on a Saturday from 5 - 7pm. Please speak to a receptionist for more details or visit our website.

