

| Day | | Time | Session |
|-----------|---------------|---------------|-----------------|
| Saturday | 13.04.19 | 12.30 – 14.45 | Public Swimming |
| Sunday | 14.04.19 | 9.30 – 10.15 | Fresh Start |
| Sunday | | 10.15 – 14.45 | Public Swimming |
| Monday | 15.04.19 | 7.00 – 8.30 | Fresh Start |
| Monday | | 8.30 – 9.15 | Aqua Aerobics |
| Monday | | 9.30 – 12.00 | Public Swimming |
| Monday | | 13.00 – 15.15 | Public Swimming |
| Monday | | 18.00 – 18.45 | Public Swimming |
| Monday | | 19.45 – 20.30 | Fresh Start |
| Monday | | 20.30 – 21.30 | Ladies Only |
| Tuesday | | 16.04.19 | 7.00 – 9.00 |
| Tuesday | 9.00 – 11.45 | | Public Swimming |
| Tuesday | 12.00 – 13.00 | | Over 50's |
| Tuesday | 13.00 – 15.45 | | Public Swimming |
| Tuesday | 21.30 – 22.15 | | Public Swimming |
| Wednesday | 17.04.19 | 7.00 – 9.00 | Fresh Start |
| Wednesday | | 9.00 – 15.30 | Public Swimming |
| Wednesday | | 20.00 – 21.30 | Public Swimming |
| Thursday | 18.04.19 | 9.00 – 13.00 | Public Swimming |
| Thursday | | 14.30 – 16.00 | Public Swimming |
| Thursday | | 20.15 – 21.30 | Public Swimming |
| Friday | 19.04.19 | CLOSED | CLOSED |
| Saturday | 20.04.19 | 12.30 – 14.45 | Public Swimming |
| Friday | | 12.00 – 13.00 | Over 50's |
| Sunday | 21.04.19 | CLOSED | CLOSED |
| Monday | 22.04.19 | CLOSED | CLOSED |
| Tuesday | 23.04.19 | 7.00 -9.00 | Fresh Start |

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| Tuesday | | 9.00 – 11.00 | Intensive Lessons (Booking Required) |
| Tuesday | | 12.00 – 13.00 | Over 50's |
| Tuesday | | 13.00 – 15.45 | Public swimming |
| Tuesday | | 21.30 – 22.15 | Public Swimming |
| Wednesday | 24.04.19 | 7.00 – 9.00 | Fresh Start |
| Wednesday | | 9.00 – 11.00 | Intensive Lessons(Booking Required) |
| Wednesday | | 11.00 – 15.30 | Public Swimming |
| Wednesday | | 20.00 – 21.30 | Public Swimming |
| Wednesday | | 9.00 – 11.00 | Intensive Lessons(Booking Required) |
| Wednesday | | 11.00 – 15.45 | Public Swimming |
| Wednesday | | 20.00 – 21.30 | Public Swimming |
| Thursday | 25.04.19 | 9.00 – 11.00 | Intensive Lessons(Booking Required) |
| Thursday | | 11.00 – 15.45 | Public Swimming |
| Thursday | | 20.15 – 21.30 | Public Swimming |
| Friday | 26.04.19 | 7.00 – 9.00 | Fresh Start |
| Friday | | 9.00 – 11.00 | Intensive Lessons(Booking Required) |
| Friday | | 12.00 – 13.00 | Over 50's |
| Friday | | 13.00 – 17.00 | *Public Swimming / Kids go Free |
| Friday | | 17.00 – 18.00 | Public Swimming |
| Friday | | 20.00 – 21.00 | Public Swimming |