

Venue Opening Times | Bank Holiday Monday: 7.45am-1pm | Tuesday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GEN. SWIM General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	6am	6am	6am	6am	6am	6am	6am	
LANE SWIM Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am BANK HOLIDAY Open 7.45am-1pm	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (6.30am)	7am Lane Swim (7am)	7am	
AQUACISE Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	8am Lane Swim (7.45am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	8am Lane Swim (7.30am)	Swim Lessons	8am Lane Swim (7.45am)	
QUIET SWIM Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.	9am Lane Swim (9am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)	9am Lane Swim (8.30am)		9am	9am
OVER 50's SWIM Over 50's Swim: General swimming for anyone aged 50 and over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	10am General Swim (10am)	10am Over 50's Swim (9.30am)	10am General Swim (9.30am)	10am Aquacise (9.45am)	10am Family Fun Splash (9.30am)		10am	10am Otters Swim Club
FAMILY FUN Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	11am General Swim (11am)	11am Aquacise (10.45am)	11am Pool Inflatables (10.30am) Must be able to swim 50m and be at least 8yrs of age.	11am Ducklings Lessons	11am Over 50's Swim (10.30am)	11am	11am Family Fun Splash (10.45am)	
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower	12pm	12pm General Swim (11.30am)	12pm Aquacise (12pm)	12pm Adult Lessons	12pm Aquacise (11.30am)	12pm Aquacise (11.30am)	12pm General Swim (11.45am)	
IMPORANT: OTHER NOTES • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. • Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.) • Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website... Or download our free MV app!	1pm	1pm General Swim (12.30pm)	1pm General Swim (12.45pm)	1pm Family Fun Splash (12.45pm)	1pm General Swim (12.30pm)	1pm General Swim (12.15pm)	1pm General Swim (12.45pm)	
	2pm	2pm Staff Training	2pm General Swim (1.45pm)	2pm Lane Swim (1.45pm)	2pm Lane Swim (1.30pm)	2pm General Swim (1.15pm)	2pm General Swim (1.45pm)	
	3pm		3pm Lane Swim (2.45pm)	3pm General Swim (2.45pm)	3pm Quiet Swim (2.30pm)	3pm General Swim (2.15pm)	3pm Lane Swim (1.45pm)	
	4pm		4pm	4pm	4pm	4pm	4pm	
	5pm	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm	5pm	
	6pm	6pm	6pm	6pm	6pm	6pm	6pm	
	7pm	7pm General Swim (6.15pm)	7pm Otters Swim Club (Private Booking)	7pm Lane Swim (6.45pm)	7pm	7pm	7pm	
	8pm	8pm Lane Swim (7.30pm)	8pm	8pm Lane Swim (7.45pm)	8pm WB Club (Private Booking)	8pm	8pm	
	9pm	9pm	9pm	9pm	9pm	9pm	9pm	



You can [book online](#) and via our [free Magna Vitae app](#)! Find out more about our classes & activities, scan the QR code to browse [our website](#)!

- Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.
- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								
GEN. SWIM General Swim Session: This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!								
7am	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)			
LANE SWIM Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7am)		
8am	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)	Lane Swim (7.30am)		Lane Swim (7.45am)	
AQUACISE Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Lane Swim (8.30am)	Swim Lessons		
10am		Over 50's Swim (9.30am)	General Swim (9.30am)	Aquacise (9.45am)	School Swim			Otters Swim Club
QUIET SWIM Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.	School Swim		School Swim					
11am		Aquacise (10.45am)		Ducklings Lessons	Over 50's Swim (10.30am)		Family Fun Splash (10.45am)	
OVER 50'S SWIM Over 50's Swim: General swimming for anyone aged 50 and over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Adult Lessons	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (11.45am)	
1pm		General Swim (12.30pm)				General Swim (12.15pm)	General Swim (12.45pm)	
FAMILY FUN Family Fun Splash: An open swimming session with floats! Come and make a splash... It's suitable for all abilities and great for some family bonding time!	School Swim	School Swim	School Swim	School Swim	School Swim	General Swim (1.15pm)	Lane Swim (1.45pm)	
2pm				Lane Swim (2.15pm)	Quiet Swim (2.15pm)	Lane Swim (2.15pm)		
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower	Lane Swim (2.30pm)		Lane Swim (2.45pm)					
3pm								
4pm	General Swim (4pm)							
5pm	General Swim (5pm)	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
6pm								
7pm	Lane Swim (6pm)	General Swim (6.15pm)						
8pm	Otters Swim Club (Private Booking)		Otters Swim Club (Private Booking)	Lane Swim (6.45pm)				
9pm		Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club (Private Booking)			



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