

POOL TIMETABLE

FROM MONDAY 27TH OCTOBER - SUNDAY 2ND NOVEMBER 2025

The information on this timetable is correct at the time of publication, but may be subject to change at any time. Changes will be displayed on our Website.

Pool Ratios are as follows:

- 0 - 2 yrs = 1 Adult to 1 Child
- 3 - 4 yrs = 1 Adult to 2 Children
- 5 - 7 yrs = 1 Adult to 3 Children
- 8yrs+ and competent = Swim Alone
- Adult = 16+ yrs

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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* Requires advance booking for each individual attending the session (Including under 3 year olds).

Please see Kings Fitness Website for Swim England guidance relating to Frequently Asked Questions regarding Skin Conditions and Swimming participation, which we follow at Kings Fitness & Leisure.

The Swimming Pool, Wetside Changing Rooms, Sauna and Steam Room will be unavailable during the Kids Club sessions



25m Pool



Disabled/Pool
Hoist



Limited Free
Parking



Free Wifi



Sauna & Steam Room
(unavailable during Kids
Club).



Showers &
Changing Room



Restrooms



No Footwear in
Changing Room



Buggy Park



INFLATABLE & FAMILY FUN INFORMATION

This slot is bookable for birthday parties.
#Only the last Sunday of every month will be reserved for Inflatable fun.

Inflatable Fun & Family Fun requires advance booking for each individual attending the session (members can book online/non members must call Reception 01934 744939 (option 2)).

15 minutes at the start of the Inflatable sessions are for Competency Tests and Rules (sessions are 45 minutes). Participants MUST be competent swimmers (can swim 25m unaided).

Children who do not meet the requirements for Inflatable Fun may play in the Shallow End of the pool. Responsible Adults are allowed on the inflatable.

Under 8's must be a Competent swimmer and have an adult with them.