

Pool Timetable- October Half Term

From Monday 26th October - Sunday 1st November 2026

Key

General & Lane Swim

Class

Holiday Club

Private Hire

Swim Academy

Family Fun

NPLQ Course

Inflatable Fun

Adult Lessons

Can be booked in advance for parties

M	T	W	T	F	S	S
Lane Swim 06:00-09:15	5 Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:25 6:00 - 7:30	5 Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 08:50 6:00 - 7:30		
Inflatable Fun* 09:30 - 10:30	General Swim 09:00 - 11:00		Aqua Fit Class* 09:00 - 09:45	Aqua Fit Class* 09:00 - 09:45	08:00 - 12:10	5 Lane Swim 08:00 - 09:55
Inflatable Fun Set Down			Family Fun* 10:00 - 10:55	Family Fun* 10:00 - 10:55		Family Fun* 10:00 - 10:55
Holiday Club 11:00 - 12:15	Holiday Club 11:00 - 12:15	General Swim 09:30 - 14:30 9:30 - 12:40	Holiday Club 11:00 - 12:15	Holiday Club 11.00 - 12.15		Family Fun* 11:00 - 11:55
General & 1 Lanes 12:15 - 13:55	General & 1 Lanes 12:15 - 14:25			General & 1 Lane Swim 12:15 - 14:25	General & 2 Lane Swim 12:15 - 13:45	General & 2 Lane Swim 12:00 - 13:15
NPLQ 12:15 - 13:55	NPLQ 12:15 - 14:25			NPLQ 12:15 - 14:25	Family Fun* 14:00 - 15:00	Inflatable Fun* 13:30 - 14:30
Class* 14:00 - 15:00			General & 1 Lane Swim 12:15 - 15:50		Family Fun Set Down	Inflatable Fun Set Down
Disabled Swim 14:00 - 15:00		NPLQ 12:00 - 15:50		Family Fun* 14:30 - 15:30		
Adults Only 15:00 - 15:50	Family Fun* 14:45 - 15:45	Holiday Club 14:30 - 15:45			General & 2 Lane Swim 15:30 - 18:00	General & 2 Lane Swim 15:00 - 17:00
16:00 - 19:00	16:00 - 19:00	16:00 - 19:00	16:00 - 19:00	16:00 - 20:05		Lane Swim 17:00 - 18:00
1 Lane 18:20 - 19:00	General & 1 Lane 18:20 - 19:00	1 Lane 18:20 - 19:00		1 Lane 18:20 - 20:05		
Adult Lessons* 19:00 - 20:20	Aqua Fit Class* 19:05 - 19:50		General & 2 Lanes 19:00 - 21:00			
General & 2 Lanes 19:00 - 21:00	Private Hire 20:00 - 21:00	General & 2 Lanes 19:00 - 21:00	General & 2 Lanes 19:00 - 21:00	General & 2 Lanes 20:00 - 22:00		
5 Lane Swim 21:00 - 22 :00	3 Lane Swim 21:00 - 22 :00	5 Lane Swim 21:00 - 22 :00	5 Lane Swim 21:00 - 22:00			
	Adult Lessons* 21:00 - 22 :00					

Pool Hoist Available

Pool Ratios
0-2 years - 1 Adult to 1 Child
3-4 years - 1 Adult to 2 Children
5-7 years - 1 Adult to 3 Children
8+ years and competent children can swim alone
Adult is 16+ years



It's Time To PARTY

Book a pool party

Saturdays 14:00 - 16:00
Sundays 13:30 - 15.30
Two weeks notice required

See page 20 for more information



Aqua Splash



Pool Inflatable

To keep up to date with any timetable changes, please visit our website www.kingsfitness.co.uk
Sessions marked with a * require advance booking.
The swimming pool, wet side changing rooms including the sauna and steam room are closed during Holiday Club.