

Southwell Swimming & Xperience Timetable

Monday

06.30 - 18.00	Junior Fitness - (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3mths - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs
16.00 - 16.45	Active Pre-School Gymnastics	3yrs - 4yrs
16.00 - 16.45	Active Gymnastics - Beginners	5yrs - 15yrs
16.00 - 17.00	Active Trampoline	5yrs - 7yrs
16.45 - 17.30	Active Gymnastics - Advanced Beginners	6yrs - 15yrs
17.00 - 18.00	Active Trampoline	8yrs - 15yrs
17.30 - 18.15	Active Gymnastics - Intermediate	8yrs - 15yrs
18.00 - 19.00	Active Trampoline	8yrs - 15yrs
18.15 - 19.00	Active Gymnastics - Advanced	8yrs - 15yrs
19.00 - 19.45	Public Swimming (with fun floats) ^	

Tuesday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3mths - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs

Wednesday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3mths - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs

Thursday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3mths - 4yrs
12.15 - 13.15	Public Swimming (with fun floats) ^	
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs
16.30 - 17.00	Xp HIITs (13yrs and above)	13 yrs+

Friday

06.30 - 18.00	Junior Fitness (Fitness Suite*)	13yrs+
09.30 - 12.00	Active Swimming Lessons	3mths - 4yrs
15.45 - 18.45	Active Swimming Lessons	3yrs - 8yrs
16.00 - 16.45	Active Gymnastics - Beginners	5yrs - 15yrs
16.00 - 17.00	Active Trampoline	5yrs - 7yrs
16.45 - 17.30	Active Gymnastics - Advanced Beginners	6yrs - 15yrs
17.00 - 18.00	Active Trampoline	8yrs - 15yrs
17.30 - 18.15	Active Gymnastics - Intermediate	8yrs - 15yrs
18.00 - 19.00	Active Trampoline	8yrs - 15yrs
18.15 - 19.00	Active Gymnastics - Advanced	8yrs - 15yrs
19.00 - 20.00	Public Swimming (with fun floats) ^	

Saturday

08.30 - 13.00	Active Swimming Lessons	3mths - 8yrs
09.00 - 14.30	Junior Fitness (Fitness Suite*)	13yrs+
13.00 - 14.00	Available for children's parties	
14.00 - 15.00	Public Swimming (with fun floats) ^	

Sunday

09.00 - 14.30	Junior Fitness (Fitness Suite*)	13yrs+
10.00 - 11.00	Public Swimming (with fun floats) ^	
11.15 - 12.15	Public Swimming (with fun floats) ^	
13.00 - 14.00	Available for children's pool parties	
14.15 - 15.15	Public Swimming (with fun floats) ^	
15.30 - 16.30	Public Swimming (with fun floats) ^	

CUSTOMER INFORMATION & KEY (WE ARE CLOSED BANK HOLIDAYS)

CLEANING PROGRAMME – All facilities and equipment cleaned throughout the day.

***JUNIOR FITNESS** – 13yrs+. Juniors can access fitness suite outside of Junior Fitness times if accompanied by a responsible adult. An induction is required to use the fitness suite. Juniors cannot use the free weights without the additional free weights induction. Unlimited use. Xp HIITs 13-15 yrs – From school Year 9

SWIMMING - Swimming in the Teaching Pool only. Under 8's must be accompanied by a responsible adult aged 16yrs or over. The use of face masks and goggles is not permitted.

^ SAUNA OPEN

Timetable version: 6th October 2025