

TERM TIME Port Glasgow Swimming Pool & Express Gym Timetable

	08:00 - 09:00	09:00 - 12:00			12:00 - 13:00	13:00 - 15:30			15:30 - 19:00			19:00 - 20:00
MON	Lane Swimming	Open Water			Lane Swimming	Open Water			Swim Lessons			Lane Swimming
									Open Water			
	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 15:30	15:30 - 18:00		18:00 - 19:00	19:00 - 20:00
TUES									Swim Lessons		Otters	Lane Swimming
									Open Water			
	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 15:30	15:30 - 19:00			19:00 - 20:00
WEDS	Lane Swimming	Breadth	Aqua Fit	Open Water	Lane Swimming	Open Water	Breadth		Swim Lessons			IASC
									Open Water			
	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 15:30	15:30 - 18:00		18:00 - 19:00	19:00 - 20:00
THURS									Swim Lessons		IASC	Lane Swimming
									Open Water			
	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:30	14:30 - 15:30	15:30 - 18:00	18:00 - 19:00	19:00 - 20:00		
FRI	Lane Swimming	Open Water	Aqua Fit	Open Water	Lane Swimming	Open Water		Breadth	Open Water		Lane Swimming	IASC
			Breadth									
		09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 13:30	13:30 - 14:30	14:30 - 14:45	14:45 - 15:45			
SAT		IASC	Lane Swimming	Open Water	Lane Swimming	CLOSED - SET UP	Fun Session	CLOSED - SET UP	Pool Party			
				Open Water								
		09:00 - 10:00	10:00 - 11:00	11:00 - 14:00				14:00 - 15:00	15:00 - 16:00			
SUN		IASC	Lane Swimming	Swim Lessons				Otters	Otters			
				Open Water								

EXPRESS GYM	
Monday - Friday	07:00 - 20:00
Saturday / Sunday	09:00 - 16:00

HEALTH SUITE	
Monday / Wednesday / Friday	08:00 - 20:00
Tuesday / Thursday	15:30 - 20:00
Saturday / Sunday	09:00 - 15:30



1. The pool programme is subject to constant review and may change without notice.
 2. Last admission 30 minutes before closing.