

Main Pool

1 October 2018 to 31 March 2019

ALL CHILDREN UNDER 8 MUST be accompanied by an adult IN THE WATER and at arm's length. No more than two under 8s to each adult.

Bank holiday opening hours are 09:00-17:00

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Monday			Public Swimming 06:00-10:30			Aqua Aerobics 1	Aqua Aerobics 2				Public Swimming 12:00-21:00						
Tuesday			Public Swimming 06:00-17:00										Closed 17:00-19:00		Public Swimming 19:00-20:00	Closed from 20:00	
Wednesday			Public Swimming 06:00-10:30			Aqua Aerobics 1	Aqua Aerobics 2				Public Swimming 12:00-21:00						
Thursday			Public Swimming 06:00-17:00										Closed from 17:00				
Friday			Public Swimming 06:00-10:30				Adult Swim ¹				Public Swimming 12:00-21:00						
Saturday			Public Swimming 08:00-16:00										Closed from 16:00				
Sunday			Public Swimming 08:00-16:00										Closed from 16:00				

Learner Pool

1 October 2018 to 31 March 2019 *Term time only

	06:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	21:00
Monday	06:00-10:30		Parent & Toddler (under 5s)		Public Swim 12:00-16:00				Closed* 16:00-18:00		Public Swim 18:00-21:00	
Tuesday	Public Swimming 06:00-16:00								Closed from 16:00			
Wednesday	06:00-10:30		Parent & Toddler (under 5s)		Public Swim 12:00-16:00				Closed* 16:00-18:00		Public Swim 18:00-21:00	
Thursday	Public Swimming 06:00-16:00								Closed from 16:00			
Friday	06:00-10:30		Parent & Toddler (under 5s)		Public Swim 12:00-16:00				Closed* 16:00-18:00		Public Swim 18:00-21:00	
Saturday			Closed* 09:00-12:00		Public Swimming 08:00-09:00 & 12:00-16:00			Closed from 16:00				
Sunday	Public Swimming 08:00-16:00								Closed from 16:00			

Please note the learner pool has restricted access due to pre-school lessons: Mon 09:30-12:00; Tues/Thurs 12:30-14:30; Wed 09:30-11:30; Fri 09:30-14:30; Sun 9:00-11:00am.

Restricted pool use during swimming lessons

One lane of the main pool is used for swimming lessons on weekday afternoons, evenings, term-time and at the weekend. We endeavour to have three lanes available for lane swimming at all times. Please note that on Monday evenings between 18:00 and 19:00 there will only be two lanes available during term-time.

¹ Adult Swim sessions are open to over 16 years only and also run in holidays. Aqua Aerobics has a maximum capacity of 35.

Please note all timetables are subject to change. In the event of a thunder storm, you must leave the water immediately. The pool must remain empty until 20 minutes after the last clap of thunder. Where bad weather affects visibility, the pool will close until conditions improve. We cannot refund you for lost swimming time. The management reserve the right to close 30 minutes earlier than advertised.

Please visit www.hamptonpool.co.uk for any daily changes to the timetable



Hampton Pool is managed on behalf of Hampton Pool Trust by YMCA St Paul's Group. Both are registered charities.

