

Main Pool

1 October 2019 to 31 March 2020

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	Adult Swim ¹				Public Swimming 12:00-21:00					
Tuesday	Public Swimming ² 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	Adult Swim ¹				Public Swimming 12:00-21:00					
Thursday	Public Swimming ² 06:00-17:00											Closed from 17:00				
Friday	Public Swimming 06:00-10:30				Aqua Aerobics 1	Aqua Aerobics 2	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 2019 to 31 March 2020 *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 ² 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 ² 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 during term-time on Monday evenings between 18:00 and 19:00 and Wednesday evenings between 18:00 and 20:00 there will only be two lanes available.

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

²**Tuesdays and Thursday mornings closure:** Both pools will close for school swimming lessons on Tuesday and Thursday between 09:00 and 11:15 from 11 September. The pools will reopen for public swimming on Tuesday and Thursday mornings from 22 October.

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 London South West. Both are registered charities.

