



XCITE

XCITE WHITBURN SWIMMING POOL SUMMER TIMETABLE - Valid 1st July to 11th August

Unless specified, there is no public swimming during club bookings, swimming lessons & aqua classes.
 Please be aware of our rules regarding children under 8 in the pool, please see the swimming page of our website.
 Sauna & Steam Rooms open as usual, see website for times - over 16s only

Day	Session Time	Activity	Age	Notes
Monday	06:30 - 09:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow
	09:00 - 09:45	Aqua Fit	16+	Popular class - book in advance! Shared pool with public swimming
	09:00 - 10:00	Adults Only	16+	Lane swimming: 2 lanes available
	10:00 - 13:00	Teaching Pool - Public Access	All ages	
	10:15 - 11:00	Buddy Swimming	16+	Please refer to our Buddy Swimming guidelines
	10:00 - 12:00	Public Swimming	All ages	Lane swimming: 2 lanes available
	12:00 - 16:00	Public Swimming	All ages	
	15:30 - 19:15	Public Swimming	All ages	Shared pool with Learn to Swim
	15:30 - 19:15	Learn to Swim	All ages	Shared pool with public swimming
19:20 - 21:00	Swimming Club			
Tuesday	08:00 - 10:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow
	09:30 - 10:15	Aqua Zumba	16+	Popular class - book in advance! Shared pool with public swimming
	10:00 - 12:00	Public Swimming	All ages	Lane swimming: 2 lanes available
	12:00 - 16:00	Teaching Pool - Public Access	All ages	
	12:00 - 16:00	Public Swimming	All ages	
	16:00 - 19:30	Swimming Club		
19:30 - 21:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow	
Wednesday	06:30 - 09:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow
	09:00 - 10:00	Adults Only	16+	Lane swimming: 2 lanes available
	10:00 - 12:00	Public Swimming	All ages	Lane swimming: 2 lanes available
	10:00 - 13:00	Teaching Pool - Public Access	All ages	
	12:00 - 20:00	Public Swimming	All ages	Shared pool with Learn to Swim
	15:30 - 19:30	Learn to Swim	All ages	Shared pool with public swimming
	19:00 - 19:45	Aqua Zumba	16+	Popular class - book in advance! Shared pool with public swimming
20:00 - 21:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow	
Thursday	08:00 - 09:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow
	09:00 - 10:00	Adults Only	16+	Lane swimming: 2 lanes available
	09:30 - 10:15	Aqua Fit	16+	Popular class - book in advance! Shared pool with public swimming
	10:00 - 12:00	Public Swimming	All ages	Lane swimming: 2 lanes available
	12:30 - 15:30	Teaching Pool - Public Access	All ages	
	15:15 - 20:20	Learn to Swim	All ages	Shared pool with public swimming
	12:00 - 20:00	Public Swimming	All ages	Shared pool with Learn to Swim
20:00 - 21:00	Adults Only	16+	Lane swimming: 2 lanes available	
Friday	08:00 - 10:00	Adults Only	16+	
	08:10 - 08:55	Aqua Fit	16+	Popular class - book in advance! Shared pool with public swimming
	10:00 - 17:00	Public Swimming	All ages	
	17:00 - 18:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow
	18:00 - 20:00	Swimming Club		
20:00 - 21:00	Lane Swimming	16+	Lane swimming: 2 fast, 2 medium, 1 double slow	
Saturday	09:00 - 15:00	Public Swimming	All ages	Shared pool with Learn to Swim
	09:00 - 13:30	Learn to Swim		Shared pool with public swimming
Sunday	09:00 - 15:00	Public Swimming	All ages	
	09:00 - 15:00	Teaching Pool - Public Access	All ages	

Highlighted activities are bookable events via the venue/website/app

Learn to Swim is a coaching activity available to Academy, Academy+ and other U18s memberships - contact venue for info

Private club activity