

RGU SPORT Swimming Pool Timetable

This timetable runs from the 3rd January to 26th May 2024.

Pool rules and lane etiquette apply.

Bookings are subject to change, please refer to notices on MyRGUSPORT, on plasmas throughout the facility and on social media for regular updates. Details of group exercise class times can also be found on the group exercise timetable.

Monday

0600-0730, 3 lanes clubs, 3 lane swimming
0730-0900, 6 lane swimming
0900-1000, 3 lane swimming, 3 lanes open swim
1000-1100, 3 lanes Nursery, 1 lane swimming, 2 lanes open swim
1100-1500, 3 lane swimming, 3 lanes open swim
1500-1730, 6 lanes Learn to Swim
1730-2000, 4 lanes clubs, 2 lane swimming
2000-2200, 6 lane swimming

Tuesday

0600-0800, 4 lanes clubs, 2 lane swimming
0800-0830, 6 lane swimming
0830-1115, 3 lane swimming, 3 lanes open
1115-1200, 2 lane swimming, 4 lanes Aqua Aerobics
1200-1630, 3 lane swimming, 3 lanes open swim
1630-1730, 3 lanes clubs, 3 lanes open swim
1730-1900, 6 lanes Learn to Swim
1900-1930, 2 lane swimming, 4 lanes Learn to Swim
1930-2030, 4 lanes clubs, 2 lane swimming
2030-2130, 2 lanes staff training, 4 lane swimming
2130-2200, 6 lane swimming

Wednesday

0600-0730, 3 lanes clubs, 3 lane swimming
0730-0900, 6 lane swimming
0900-1100, 3 lane swimming, 3 lanes open swim
1100-1145, 2 lane swimming, 4 lanes Aqua Aerobics
1145-1300, 3 lane swimming, 3 lanes open swim
1300-1400, 6 lane female only
1400-1700, 3 lane swimming, 3 lanes open
1700-1800, 4 lanes clubs, 2 lanes swimming
1800-1930, 5 lanes clubs, 1 lane swimming
1930-2030, 4 lanes clubs, 2 lane swimming
2030-2130, 5 lane swimming, 1 lane clubs
2130-2200, 6 lane swimming

Thursday

0600-0730, 3 lanes clubs, 3 lanes swimming

0730-0800, 6 lane swimming

0800-1100, 3 lane swimming, 3 lanes open swim

1100-1200, 2 lanes staff training, 1 lane swimming, 3 lanes open swim

1200-1500, 3 lane swimming, 3 lane open swim

1500-1730, 6 lanes Learn to Swim

1730-2000, 4 lanes clubs, 2 lane swimming

2000-2100, 6 lanes clubs

2100-2200, 6 lane swimming

Friday

0600-0730, 3 lanes clubs, 3 lane swimming

0730-0900, 6 lane swimming

0900-1100, 6 lanes schools

1100-1145, 2 lane swimming, 4 lanes Aqua Zumba

1145-1430, 3 lane swimming, 3 lanes open swim

1430-1530, 6 lanes schools

1530-1630, 3 lane swimming, 3 lanes open swim

1630-1800, 4 lanes clubs, 2 lane swimming

1800-1900, 6 lanes clubs

1900-2000, 4 lanes clubs, 2 lane swimming

2000-2100, 6 lanes clubs

2100-2200, 6 lane swimming

Saturday

0800-0900, 4 lanes clubs, 2 lane swimming

0900-1200, 6 lanes Learn to Swim

1200-1300, 6 lanes Family Swim

1300-1500, 3 lanes clubs, 3 lane swimming

Sunday

0800-0900, 3 lane swimming, 3 lanes open swim

0900-1100, 6 lane family swim

1100-1400, 4 lanes clubs, 2 lane swimming

1400-1500, 6 lane swimming

For more information about our learn to swim programme please visit:
www.rgu.ac.uk/rgusport/learn-to-swim