

MONDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool	CITY OF NORWICH SWIM CLUB				E A S T					POOL CHANGE OVER 09:00 - 09:40																			CLOSED									
Shallow Pool 25m														FILL AQUA FIT			SCHOOLS								SWIMMING LESSONS													
Deep Pool 25m																												CITY OF NORWICH SWIM CLUB						UEA WATERPOLO/TRI				
TUESDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool																																						CLOSED
											CITY OF NORWICH SWIM CLUB				UEA WATERPOLO/SWIM																							
Shallow Pool 25m														SCHOOLS			FILL AQUA FIT				SCHOOLS							POOL CHANGE OVER 16:20 - 17:00										
Deep Pool 25m				CLUB														SCHOOLS							POOL CHANGE OVER 16:20 - 17:00													
WEDNESDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool	CITY OF NORWICH SWIM CLUB							POOL CHANGEOVER 09:00 - 10:00																			CLOSED											
Shallow Pool 25m												FILL AQUA FIT		SCHOOLS								SWIMMING LESSONS																
Deep Pool 25m																	UEA SWIMMING CLUB												NORWICH SWANS									
THURSDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool																													CLOSED									
Shallow Pool 25m				SWIM FIT								SCHOOLS						SCHOOLS																				
Deep Pool 25m				TRI ANGLIA														SCHOOLS			CITY OF NORWICH SWIM CLUB																	
FRIDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool	CITY OF NORWICH SWIM CLUB			STAFF TRAINING AND POOL CHANGEOVER																						CLOSED												
Shallow Pool 25m										SCHOOLS																												
Deep Pool 25m																	UEA TRIATHLON					CITY OF NORWICH SWIM CLUB					UEA SWIMMING CLUB											
SATURDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool		CITY OF NORWICH SWIM CLUB					E A S T						POOL CHANGEOVER 11:00 - 11:40																			CLOSED						
Shallow Pool 25m														FAMILY FUN																								
Deep Pool 25m																													UEA WATERPOLO									
SUNDAY	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40					
50m Pool																								NORWICH SWAN CLUBS				UEA SWIMMING CLUB		CLOSED								
														FAMILY FUN										POOL CHANGEOVER 17:20 - 18:00														
Deep Pool 25m																						POOL CHANGEOVER 17:20 - 18:00																

**Please note** that during school holiday periods, this timetable may alter to cater for extra activities and courses. Occasionally, we may also have to close the pool to accommodate club galas. Closure and timetable changes will be advertised on the website.

**Key:**  Public Swimming  Other  Closed

**Please note** that the deep pool and 50 metre lane swimming sessions are for competent swimmers only - due to the depth of the pool (1.8 metres). The shallow pool will be at a depth of 1.2 metres unless stated otherwise. For Family Fun and from 16:00 - 17:30 every Monday and Wednesday depth will be 0.9m & for AquaFit depth will be 1.35m.