

# Swimming Pool Timetable

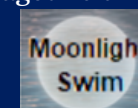
05/01/26-15/02/26

Monday	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	
		Lane Swim				Public		Disabled & 50+		Lane Swim		Aqua		School Public		Public				Swim School				Public		Aqua		Lane Swim				
Tuesday	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	
		Lane Swim				Public		Swim School				Aqua		**Public				Swim School				Turbos				Lane Swim						
Wednesday	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	
		Lane Swim				School booking				Gentle Aqua		Aqua		Lane Swim		Public				Swim School				Public		Turbos		Lane Swim				
Thursday	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	
		Masters Lane Swim				Aqua Zumba		Public		Disabled 50+		Lane Swim		Staff Training		Public				Swim School				Public		Aqua		Lane Swim		Moonlight Swim		
Friday	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	
		Lane Swim				Public				Swim School				Aqua		Gentle Aqua		Public				Swim School				Staff Training		Turbos				
Saturday	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	
					Lane Swim		Swim School						Public		Lane Swim		Splash		Lane Swim													
Sunday	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	
					Lane Swim		Public					*Party Hire		Lane Swim		Public		Lane Swim														

The pool will be cleared 3 minutes before each session is due to end. Public sessions will have 1 fast lane in at all times and 1 closed lane.  
 RiversMeet reserves the right to amend the Swimming Pool Timetable to meet any requirements of the business - Please see "Pool Closure Notice" on our Website or at Reception  
 Young Swimmers - Please note that under 8's must be accompanied and supervised in the water by a responsible adult aged 16 or over. Our ratio is one to two for 0-7 years.

 **Demolition Run!** Race your friends on our exiting new inflatable  
**Strong swimmers only**- please arrive 15 minutes before session starts (8-15 years)

**\*\*Pool closure Tuesday 1400-1430 on 13/01/26, 27/01/26, 10/02/26**



**Low light & calm swim session**

# *Moonlight Swim*

**Thursdays**  
**2100-2200**  
From 08/01/26

Calm your Mind with  
our low light session

*RiversMeet*

ACTIVE

*RiversMeet*  
ACTIVE



## **NATIONAL POOL LIFEGUARD QUALIFICATION**

**16th-21st February 2026**  
**0700-1600**

**£285 PER PERSON**

**Contact**

**[emily.watts@riversmeetgillingham.org](mailto:emily.watts@riversmeetgillingham.org)**  
for details and enrolment

**BECOME AN EVERYDAY  
HERO!**