

Monday-Friday

Opening Hours 6.30am-10pm

Gym Facilities - No bookings required. A PARQ form must be completed prior to your visit and you must wipe down the equipment you have used with the spray and wipes provided. Under 16s are not permitted to use the gym facilities.

Swimming Pool & Steam Room

6.30-9.30am & 5-7pm – Pre-booked Lane swimming only – with 30 minute slots which must be booked via Reception (no children).

Swimming cancellations can be made for free up to 2 hours prior but any 'no shows' will be charged an admin fee of £20.

9.30am-5pm & 7pm-9.30pm – Open swimming – no bookings required – final pool entry 9pm to exit at 9:30pm - note children's swimming hours below.

Children's Swimming Hours 10am-12noon & 2-5pm

Saturday, Sunday & Bank Holidays

Opening Hours 7.30am-8pm

Gym Facilities - No bookings required. A PARQ form must be completed prior to your visit and you must wipe down the equipment you have used with the spray and wipes provided. Under 16s are not permitted to use the gym facilities.

Swimming Pool & Steam Room - Open swimming – no bookings required – final entry 7pm to exit at 7:30pm - Children can swim at any time during the opening hours.

We would like to thank you in advance for your support and understanding as we adjust to this new way of working.

Amanda Kelso, Pulse Manager