

From 11th October

Main Pool

Monday

7am - 8.30am	Early Bird Swim
11.30am - 5.45pm	Public Swim*
6pm - 6.45pm	£2 Adult Only Lane Swim

Tuesday

7am - 8.30am	Early Bird Swim*
11.30am - 6.45pm	Public Swim

Wednesday

7am - 8.30am	Early Bird Swim
12pm - 2.30pm	Public Swim
2.45pm - 3.45pm	Fun, Floats & Flume £2 Swim
4.15pm - 5.15pm	Fun, Floats & Flume £2 Swim
5.45pm - 6.45pm	Fun, Floats & Flume £2 Swim

Thursday

7am - 8.30am	Early Bird Swim*
12.30pm - 7pm	Public Swim*
7.15pm - 8.15pm	Adult Only Lane Swim

Friday

7am - 8.30am	Early Bird Swim
11.30am - 6.15pm	Public Swim*

Saturday

10.45am - 1.30pm	Public Swim
2pm - 3.30pm	Giant Inflatable Fun**

Sunday

8am - 9.30am	Adult Only Swim*
9.45am - 2.45pm	Public Swim

*NL/HP - Half pool available, no swim lanes

** Pre-book via lancaster.gov.uk/swim-timetable

+ Pre-book via lancaster.gov.uk/fitnessclasses

++ Pre-book via lancaster.gov.uk/saltayresharks

Small Pool

Monday

11.30am - 12.20pm	Aqua Fit+
12.30pm - 3.45pm	Public Swim

Tuesday

1.10pm - 2pm	Aqua Zumba+
2.15pm - 3.45pm	Public Swim
6pm - 6.50pm	Aqua Zumba+

Wednesday

12pm - 12.50pm	Aqua Fit+
2.45pm - 3.45pm	Fun, Floats & Flume £2 Swim
4.15pm - 5.15pm	Fun, Floats & Flume £2 Swim
5.45pm - 6.45pm	Fun, Floats & Flume £2 Swim

Thursday

11.30am - 12.30pm	Little Sharks++
1pm - 1.50pm	Aqua Zumba+
2.15pm - 3.45pm	Public Swim
6pm - 7pm	Adult Only Swimming Lessons++

Friday

11.30pm - 12.30pm	Little Sharks++
1pm - 1.50pm	Aqua Fit+
2.15pm - 3.45pm	Public Swim

Saturday

10.45am - 1.30pm	Public Swim
2pm - 3.30pm	Giant Inflatable Fun**

Sunday

9.45am - 2.45pm	Public Swim
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Prices List

	Pay-as-you-swim	Go Card	Inflatable Fun Sessions	
Adults	£4.60	£2.50	Adults & Children	£6
Juniors (3 - 15 yrs)	£3	£1.30	Family	£20
Seniors (60+)	£3.10		(2 Adults, 2 children)	
Family Swim	£13		Please Note: prices may alter during school holidays	
(2 adults + 2 children)			Swimming Discount Card - 12 swims for the price of 10	
Spectators/Carers/ Under 3s	Free		Adult	£46
Other Pool Sessions			Junior	£30
Pool Fitness Classes	£6.50	£3.50	Senior	£31
Shark Babies Class	£5.75			

1 Month unlimited swim pass*

Adult	£37.50
Junior	£27
Senior	£32

6 Month unlimited swim pass*

Adult	£175
Junior	£94
Senior	£140
Early Bird	£100

*Replacement cards can be purchased for £2