

# From 31st October

## Main Pool

### Monday

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

### Tuesday

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

### Wednesday

7am - 8.30am	Early Bird Public Swim
12pm - 6.45pm	Public Swim

### Thursday

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

### Friday

7am - 8.30am	Early Bird Public 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 Public Swim*
9.45am - 2.45pm	Public Swim

## Small Pool

### Monday

11.30am - 12.20pm	Aqua Fit+
12.45pm - 1.35pm	Aqua Fit+

### Tuesday

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

### Wednesday

12pm - 12.50pm	Aqua Fit+
3pm - 5.30pm	Public Swim
5.45pm - 6.35pm	Aqua Zumba+

### 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+

### Saturday

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

### Sunday

9.45am - 2.45pm	Public Swim
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\*NL/HP - Half pool available, no swim lanes

\*\* Pre-book via [lancaster.gov.uk/swim-timetable](http://lancaster.gov.uk/swim-timetable)

+ Pre-book via [lancaster.gov.uk/fitnessclasses](http://lancaster.gov.uk/fitnessclasses)

++ Pre-book via [lancaster.gov.uk/saltayresharks](http://lancaster.gov.uk/saltayresharks)

## 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		<b>Please Note: prices may alter during school holidays</b>	
(2 adults + 2 children)			<b>Swimming Discount Card</b>	
Spectators/Carers/ Under 3s	Free		- 12 swims for the price of 10	
<b>Other Pool Sessions</b>			Adult	£46
Pool Fitness Classes	£6.50	£3.50	Junior	£30
Shark Babies Class	£5.75		Senior	£31

## 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