

# 7th August - 3rd September

## Main Pool

### Monday

7am - 8.30am	Early Bird Public Swim
9am - 10am	Adult Only Public Swim
10am - 5.45pm	Public Swim* (4pm - 6pm 1 x lane swim)
6pm - 6.45pm	Adult Only £2 Swim

### Tuesday

7am - 8.30am	Early Bird Public Swim
9am - 10am	Adult Only Public Swim
12pm - 1pm	Public Swim
1.30pm - 3.30pm	Crazy Inflatable Pool Party ^
4pm - 6.45pm	Public Swim

### Wednesday

7am - 8.30am	Early Bird Public Swim
9am - 10am	Adult Only Public Swim
10am - 6.45pm	Public Swim

### Thursday

7am - 8.30am	Early Bird Public Swim
9am - 10am	Adult Only Public Swim
12pm - 1pm	Public Swim
1.30 - 3.30pm	Crazy Inflatable Pool Party ^
4pm - 7pm	Public Swim* (4pm - 6pm 1 x lane swim)
7.00pm - 8.15pm	Adult Only Public Swim

### Friday

7am - 8.30am	Early Bird Public Swim
9am - 10am	Adult Only Public Swim
10am - 6.15pm	Public Swim* (4pm - 6pm 1 x lane swim)

### Saturday

10.45am - 3.30pm	Public Swim
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### 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

12.30pm - 1.20pm	Aqua Zumba +
1.30pm - 3.30pm	Crazy Inflatable Pool Party ^
6pm - 6.50pm	Aqua Zumba +

### Wednesday

12pm - 12.50pm	Aqua Fit +
1.30pm - 5.30pm	Public Swim
5.45pm - 6.35pm	Aqua Zumba +

### Thursday

11.15am - 12.05pm	Aqua Zumba +
1.30pm - 3.30pm	Crazy Inflatable Pool Party ^
6pm - 7pm	Adult Only Swimming Lessons ++

### Friday

11.15am - 12.45pm	Public Swim
1pm - 1.50pm	Aqua Fit +
2.15pm - 3.45pm	Public Swim

### Saturday

10.45am - 3.30pm	Public Swim
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### Sunday

9.45am - 2.45pm	Public Swim
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## Prices List

	Pay-as-you-swim	Go Card
Adults	£4.80	£2.50
Juniors (3 - 15 yrs)	£3.10	£1.30
Seniors (65+)	£3.50	
Family Swim (2 adults + 2 children)	£15	
Spectators/Carers/ Under 3s	Free	

### Other Pool Sessions

Pool Fitness Classes	£6.99	£3.40
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### Inflatable Fun Sessions

Adults & Children	£7
Family (2 Adults, 2 children)	£23

Please Note: prices may alter during school holidays

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

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

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

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

^ Pre-book via [lancaster.gov.uk/holidayprogramme](https://lancaster.gov.uk/holidayprogramme)