

From 4th September 2023

Main Pool

Monday

7am - 8.30am	Early Bird Public Swim
11.30am - 3.45pm	Public Swim
6.10pm - 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 - 3.45pm	Public Swim
6.10pm - 7.10pm	Public Swim
7.15pm - 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

11.45am - 12.35pm	Aqua Fit+
1pm - 1.50pm	Aqua Fit+
6.10pm - 6.50pm	Young Lifesavers Lessons++

Tuesday

11.30am - 12.20pm	Toddler & Baby Swim++
1.10pm - 2pm	Aqua Zumba+
6.10pm - 7pm	Aqua Zumba+

Wednesday

12pm - 12.50pm	Aqua Fit+
5.45pm - 6.35pm	Aqua Zumba+

Thursday

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

Friday

11.30pm - 12.30pm	Littke 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
+ Pre-book via lancaster.gov.uk/fitnessclasses
++ Pre-book via lancaster.gov.uk/saltayresharks

Prices List

	Pay-as-you-swim	Go Card	Inflatable Fun Sessions
Adults	£4.80	£2.50	Adults & Children £7
Juniors (3 - 15 yrs)	£3.10	£1.30	
Seniors (60+)	£3.50		
Family Swim (2 adults + 2 children)	£15		
Spectators/Carers/ Under 3s	Free		
Other Pool Sessions			Swimming Discount Card - 12 swims for the price of 10
Pool Fitness Classes	£6.99	£3.50	Adult £48
Toddler & Baby Swim	£6		Junior £31
			Senior £35

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 £2.50