

From 1st September 2025

Main Pool

Monday

07:00 - 08:30	Early Bird Public Swim
11.30 - 12.30	Adult Only Public Swim
12.30 - 18.00	Public Swim*
18.10 - 18.45	Adult Only £2.20 Public Swim

Tuesday

07.00 - 08.30	Early Bird Public Swim
11.30 - 12.30	Adult Only Public Swim
12.30 - 18.45	Public Swim*

Wednesday

07.00 - 08.30	Early Bird Public Swim
12.00 - 13.00	Adult Only Public Swim
13.00 - 14.45	Public Swim
15.00 - 16.00	£2.50 Public Swim
16.15 - 17.15	£2.50 Public Swim
17.30 - 18.45	£2.50 Public Swim

Thursday

07.00 - 08.30	Early Bird Public Swim
13.00 - 14.00	Adult Only Public Swim
14.00 - 19.10	Public Swim*
19.15 - 20.15	Adult Only Public Swim

Friday

07.00 - 08.30	Early Bird Public Swim
11.30 - 12.30	Adult Only Public Swim
12.30 - 18.15	Public Swim*

Saturday

10.45 - 15.30	Public Swim
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Sunday

08.00 - 09.30	Adult Only Public Swim**
09.45 - 14.45	Public Swim

*NL/HP - Half pool available with 1 narrow lane 16.00 - 18.00

** NL/HP - Half pool available with 1 narrow lane 8.00 - 9.30

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

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

Small Pool

Monday

11.45 - 12.35	Aqua Fit+
13.00 - 13.50	Aqua Fit+
18.10 - 18.50	Rookie Lifeguard++

Tuesday

11.30 - 12.20	Adult Fitness Swim+
13.10 - 14.00	Aqua Zumba+
18.10 - 19.00	Aqua Zumba+

Wednesday

12.00 - 12.50	Aqua Fit+
17.45 - 18.35	Aqua Zumba+

Thursday

11.30 - 12.30	Little Sharks++
13.00 - 13.50	Aqua Zumba+
18.15 - 18.45	Adult Only Beginners Lessons++
18.50 - 19.20	Adult Only Skill Progression++

Friday

11.30 - 12.30	Little Sharks++
13.15 - 14.05	Aqua Fit+

Saturday

10.45 - 15.30	Public Swim
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Sunday

09.45 - 14.45	Public Swim
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Price List

	Pay as you swim	Go Card
Adult 16+	£5.20	£2.50
Juniors (3-15 years)	£3.30	£1.50
Seniors (60+)	£3.60	
Family Swim (2 adults + 2 children)	£15.50	
Spectators / Carers / Under 3	Free	
Other Pool Sessions		
Pool Fitness Classes	£6.99	£3.50
Adult Fitness Swim	£6.99	

Inflatable Fun Sessions	
School Holiday	£9.00
Inflatable	

Swimming Discount Card	
12 Swims for the price of 10	
Adult	£52.00
Junior	£33.00
Senior	£36.00

1 Month

unlimited swim pass*

Adult	- £39.50
Junior	- £29.00
Senior	- £34.00

6 Month

unlimited swim pass*

Adult	- £188
Junior	- £103
Senior	- £153
Early Bird	- £108

*Replacement cards can be purchased for £2.60