

25th May - 31st May

Main Pool

Small Pool

Monday

Bank Holiday - Centre Closed

Tuesday

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim
09.00 - 10.00	Adult Only Public Swim*
10.00 - 13.00	Public Swim*
11.30 - 12.20	Adult Fitness Swim (1lane)+
13.30 - 15.00	Giant Pool Inflatable^
16.00 - 18.45	Public Swim*

Wednesday

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim
09.00 - 10.00	Adult Only Public Swim*
10.00 - 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

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim*
09.00 - 10.00	Adult Only Public Swim*
10.00 - 13.00	Public Swim*
13.30 - 15.00	Giant Pool Inflatable^
16.00 - 19.10	Public Swim*
19.15 - 20.15	Adult Only Lane Swim

Friday

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim
09.00 - 10.00	Adult Only Public Swim*
10.00 - 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

Monday

Bank Holiday - Centre Closed

Tuesday

12.30 - 13.20	Aqua Zumba+
18.10 - 19.00	Aqua Fit+

Wednesday

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

Thursday

11.15 - 12.05	Aqua Zumba+
18.15 - 18.45	Adult Only Beginners Lessons++
18.50 - 19.20	Adult Only Skill Progression++

Friday

13.15 - 14.05	Aqua Fit+
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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+	£5.40	£2.70
Juniors (3-15 years)	£3.45	£1.60
Seniors (60+)	£3.75	
Family Swim (2 adults + 2 children)	£16.10	
Spectators / Carers / Under 3	Free	
Other Pool Sessions		
Pool Fitness Classes	£6.99	£3.60
Adult Fitness Swim	£6.99	

*NL/HP - Half pool available with 1 narrow lane
 ** 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
 ^ Pre-book via www.lancaster.gov.uk/holidayprogramme

Inflatable Fun Sessions	
School Holiday Inflatable	£9.00
Swimming Discount Card	
12 Swims for the price of 10	
Adult	£54.00
Junior	£34.50
Senior	£37.50

1 Month

unlimited swim pass*

Adult	- £41.00
Junior	- £30.00
Senior	- £35.00

6 Month

unlimited swim pass*

Adult	- £195
Junior	- £107
Senior	- £159
Early Bird	- £112

*Replacement cards can be purchased for £2.70