

From 1st September 2026

Main Pool

Monday

06.00	-	06.50	Public Lane Swim
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 £2.30 Lane Swim

Tuesday

06.00	-	06.50	Public Lane Swim
07.00	-	08.30	Early Bird Public Swim
11.30	-	12.30	Adult Only Public Swim
11.30	-	12.20	Adult Fitness Swim+ (1 Lane)
12.30	-	18.45	Public Swim*

Wednesday

06.00	-	06.50	Public Lane Swim
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

06.00	-	06.50	Public Lane Swim
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 Lane Swim (3 Lanes)

Friday

06.00	-	06.50	Public Lane Swim
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	-	13.30	Public Swim
13.45	-	14.30	SEN Swim

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	

Inflatable Fun Sessions	
School Holiday	£9.00
Inflatable	

Swimming Discount Card	
12 Swims for the price of 10	
Adult	£54.00
Junior	£34.50
Senior	£37.50

Small Pool

Monday

12.00	-	12.50	Aqua Fit+
13.00	-	13.50	Aqua Fit+

Tuesday

11.30	-	12.20	Aqua Mobility+
12.30	-	13.20	Aqua Zumba+
13.30	-	14.20	Aqua Fit+ (term time only)
18.10	-	19.00	Aqua Fit+

Wednesday

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

Thursday

13.15	-	14.05	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	-	13.30	Public Swim
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*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

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