

main pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-12:00 Public Swim	6:30-12:00 Public Swim	6:30-12:00 Public Swim	6:30-12:00 Public Swim	6:30-12:00 Public Swim	8:30-17:00 Public Swim	8:30-15:00 Public Swim
6:30-8:30 £2 Swim over 60s	12:00-13:00 Adult Only	6:30-8:30 £2 Swim over 60s	12:00-13:00 Adult Only (2.5 Lanes)	6:30-8:30 £2 Swim over 60s	8:30-12:00 Lessons (2 Lanes)	8:30-12:00 Lessons (2 Lanes)
12:00-13:00 Adult Only (2.5 Lanes)	12:00-13:00 £2 Swim over 60s	12:00-13:00 Adult Only	12:00-13:00 £2 Swim over 60s	12:00-13:00 Adult Only (2.5 Lanes)	12:00-14:30 Swimming Club (3 Lanes)	15:00-17:00 Swimming Club (All Lanes)
12:15-13:00 Aqua Fit (2.5 Lanes)	13:00-20:00 Public Swim	13:00-20:00 Public Swim	12:00-12:45 Aqua Fit (2.5 Lanes)	12:00-12:45 Aqua Fit (2.5 Lanes)		
13:00-19:00 Public Swim	15:00-20:00 Lessons (2 Lanes)	15:00-19:15 Lessons (2 Lanes)	13:00-19:00 Public Swim	13:00-20:00 Public Swim		
15:00-19:00 Lessons (2 Lanes)			15:00-19:00 Lessons (2 Lanes)	15:00-19:15 Lessons (2 Lanes)		
19:00-21:00 Swimming Club (All Lanes)	20:00-20:45 Aqua Fit	20:00-21:00 Adult Only	19:00-21:00 Swimming Club (All Lanes)	20:00-21:00 Tri Club (1 Lane)		
21:00-22:00 Adult Only	20:45-21:45 Adult Only	21:00-22:00 Adult Only	21:00-22:00 Adult Only	20:00-21:00 Adult Only		

learner pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-9:00 Public Swim	6:30-9:00 Public Swim	6:30-9:00 Public Swim	6:30-9:00 Public Swim	6:30-9:00 Public Swim	12:00-17:00 Public Swim	12:00-15:00 Public Swim
12:00-13:00 Swim & Splash (Families Only)	12:00-13:00 Swim & Splash (Families Only)	12:00-13:00 Swim & Splash (Families Only)	12:00-13:00 Swim & Splash (Families Only)	12:00-13:00 Swim & Splash (Families Only)		
	19:15-20:00 Public Swim	19:15-20:00 Public Swim		19:00-20:00 Public Swim		

More information at www.activeseftonfitness.co.uk, at reception or call on 0151 288 6727