

What's your swimming style? Find the right swim session for you



Meadows: Main Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------------|--|---|----------------------------------|---------------------------------|---|
| 6.30am-12.00pm Public Swim | 6.30am-8.00am Public Swim | 6.30am-12.00am Public Swim | 6.30am-12.00am Public Swim | 6.30am-12.00pm Public Swim | 8.30am-5.00pm Public Swim | 8.30am-3.00pm Public Swim |
| | 8.00am-9.00am Calm Waters | | 8.00am-9.00am Calm Waters | 12.00pm-1.00pm Adult Only | Lessons 2 lanes 8.30am-12.00 | Lessons 2 lanes 8.30am-12.00 |
| 2.5 lanes 12.15pm-1.00pm Aqua Fit | 9.00am-12.00am Public Swim | 12.00pm-1.00pm Adult Only | 2.5 lanes 12.15pm-1.00pm Aqua Fit | 1.00pm-8.00pm Public Swim | Club 3 lanes 12.00-2.30pm | Swimming Club All Lanes 3.00pm-5.00pm |
| 2.5 lanes 12.00pm-1.00pm Adult Only | 12.00pm-1.00pm Adult Only | 1.00pm-8.00pm Public Swim | 2.5 lanes 12.00pm-1.00pm Adult Only | Lessons 2 lanes 3.00pm-7.00pm | | |
| 1.00pm-7.00pm Public Swim | 1.00pm-8.00pm Public Swim | Lessons 2 lanes 3.00pm-7.00pm | 1.00pm-7.00pm Public Swim | 8.00pm-9.00pm Adult Only | | |
| Lessons 2 lanes 3.00pm-7.00pm | Lessons 2 lanes 3.00pm-7.00pm | 8.00pm-9.00pm Calm Waters Adult Only | Lessons 2 lanes 3.00pm-7.00pm | | | |
| Swimming Club All Lanes 7.00pm-9.00pm | 8.00pm-8.45pm Aqua Fit | Tri Club 2 lanes 9.00pm-10.00pm | Swimming Club All Lanes 7.00pm-9.00pm | | | |
| Tri Club 2 lanes 9.00pm-10.00pm | 8.45pm-9.45pm Adult Only | 9.00pm-10.00pm Adult Only | 9.00pm-10.00pm Adult Only | | | |
| 9.00pm-10.00pm Adult Only | | | | | | |
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Meadows: Learner Pool



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|-------------------------------|-----------------------------|
| 6.30am-9.00am Public Swim | 6.30am-9.00am Public Swim | 6.30am-9.00am Public Swim | 6.30am-9.00am Public Swim | 6.30am-9.00am Public Swim | 12.00pm-5.00pm Public Swim | 12.00-3.00pm Public Swim |
| 12.00pm-1.00pm Swim & Splash | 12.00pm-1.00pm Swim & Splash | 12.00pm-1.00pm Swim & Splash | 12.00pm-1.00pm Swim & Splash | 12.00pm-1.00pm Swim & Splash | | |
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Non-members can now join our new registration scheme.

Join free at sefton.gov.uk/getin



Your pool. Get in!

active sefton