

## main pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00 Lane Swim	7:00-9:00 Lane Swim	7:00-9:00 Lane Swim	7:00-9:00 Lane Swim	7:00-9:00 Lane Swim	12:30-15:30 Public Swim*	9:00-12:30 Public Swim* (Half Pool)
9:00-12:00 Public Swim	9:00-12:00 Public Swim (Half Pool)	9:00-12:00 Public Swim	9:00-12:00 Public Swim (Half Pool)	9:00-12:00 Public Swim (Half Pool)		12:30-15:30 Public Swim*
10:00-12:00 £2 Swim Over 60's	12:00-13:00 Adults Only	10:00-12:00 £2 Swim Over 60's	12:00-13:00 Adults Only	12:00-13:00 Adults Only		
12:00-13:00 Adults Only	13:00-19:00 Public Swim (Half Pool)	12:00-13:00 Adults Only	17:00-19:00 £2 Swim Under 16's	13:00-19:00 Public Swim (Half Pool)		
13:00-19:00 Public Swim (Half Pool)	19:00-20:00 Calm Waters	13:00-19:00 Public Swim (Half Pool)	13:00-19:00 Public Swim (Half Pool)	19:00-20:00 Calm Waters		
19:00-20:00 Swim Fit (Adults)	20:00-21:00 Adults Only	19:00-20:00 Kayak† (Pre-book)	19:00-20:00 Adults Only	20:00-21:00 Adults Only		
20:00-21:00 Adults Only		20:00-21:00 Adults Only	20:00-21:00 Adults Only			

\* Subject to change based on private party bookings.

† Kayak sessions must be pre-booked in advance by phoning 07570 526947.

## leisure pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-20:00 Public Swim	10:00-20:00 Public Swim	10:00-20:00 Public Swim	10:00-20:00 Public Swim	10:00-20:00 Public Swim*	9:00-15:30 Public Swim*	12:00-15:30 Public Swim*
17:00-19:30 Flume	17:00-19:30 Flume	17:00-19:30 Flume	17:00-19:30 Flume	17:00-19:30 Flume*	12:00-15:00 Flume*	12:00-15:00 Flume*

\* Subject to change based on private party bookings.

Non-members can now join our new registration scheme.

Join free at [sefton.gov.uk/getin](https://sefton.gov.uk/getin)