

# What's your swimming style?

## Find the right swim session for you

Sefton Council 



### Dunes: Main Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am-7.00pm Public Swim	7.00am-6.30pm Public Swim	7.00am-7.30pm Public Swim	7.00am-6.30pm Public Swim	7.00am-9.30pm Public Swim	12.00pm-4.00pm Public Swim	9.00am-4.00pm Public Swim
10.00am-11.00am Calm Waters	9.00am-10.00am £1 Swim	2.30pm-3.30pm Calm Waters	13.00pm-2.00pm £1 Swim	16.00pm-17.00pm £1 Swim	2.00pm-4.00pm Swim & Splash	2.00pm-4.00pm Swim & Splash
6.00pm-7.00pm £1 Swim	9.00pm-10.00pm (Adults Only)	8.30pm-10.00pm Public Swim	9.00pm-10.00pm (Adults Only)	7.00pm-8.00pm Swim & Splash		
7.00pm-8.00pm (Ladies Only)				8.00pm-9.30pm Calm Waters		

**Swim & Splash**  
Disco music and lighting

**Calm Waters**  
Calming music and gentle lighting

**£1 Swims**  
For over 60's and under 16's (Term Time only)



### Dunes: Small Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00am-1.00pm Public Swim		10.00am-1.00pm Public Swim			12.00pm-4.00pm Public Swim	9.00am-4.00pm Public Swim
11.30am-1.00pm Swim & Splash		11.30am-1.00pm Swim & Splash			2.00pm-4.00pm Swim & Splash	2.00pm-4.00pm Swim & Splash



Non-members can now join our new registration scheme.

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

**Your pool. Get in!**

**active sefton**

