

## 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 Time Banded Public Swim*	9:00-12:30 Time Banded Public Swim* (Half Pool)
10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim		12:30-15:30 Time Banded Public Swim*
15:15-19:00 Public Swim (Half Pool)	15:15-19:00 Public Swim (Half Pool)	15:15-19:00 Public Swim (Half Pool)	15:15-19:00 Public Swim (Half Pool)	15:15-19:00 Public Swim (Half Pool)		
		15:15-19:00 Inflatable Session 10.8.22 - 24.8.22				
19:00-20:00 Swim Fit (Adults)	19:00-20:00 Calm Waters	19:00-20:00 Adults Only	19:00-20:00 Adults Only	19:00-20:00 Calm Waters		
20:00-21:00 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.

## leisure pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	10:00-15:15 Be-Active Swim	9:00-15:30 Time Banded Public Swim*	9:00-15:30 Time Banded Public Swim*
15:15-20:00 Public Swim	15:15-20:00 Public Swim	15:15-20:00 Public Swim	15:15-20:00 Public Swim	15:15-20:00 Public Swim	12:00-15:00 Flume*	12:00-15:00 Flume*
12:00-19:30 Flume	12:00-19:30 Flume	12:00-19:30 Flume	12:00-19:30 Flume	12:00-19:30 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)**