From 2nd September 2024

Main Pool

Monday
07:00 - 08:30	Early Bird Public Swim
11.30 - 18.00	Public Swim*
18.10 - 18.45	Adult Only £2 Public Swim

Tuesday
| 07.00 - 08.30 | Early Bird Public Swim |
| 11.30 - 18.45 | Public Swim* |

Wednesday
| 07.00 - 08.30 | Early Bird Public Swim |
| 12.00 - 18.45 | Public Swim |

Thursday
07.00 - 08.30	Early Bird Public Swim
12.30 - 19.10	Public Swim*
19.15 - 20.15	Adult Only Public Swim

Friday
| 07.00 - 08.30 | Early Bird Public Swim |
| 11.30 - 18.15 | Public Swim* |

Saturday
| 10.45 - 13.30 | Public Swim |
| 14.00 - 15.30 | Giant Inflatable Fun^ |

Sunday
| 08.00 - 09.30 | Adult Only Public Swim** |
| 09.45 - 14.45 | Public Swim |

Small Pool

Monday
11.45 - 12.35	Aqua Fit+
13.00 - 13.50	Aqua Fit+
18.10 - 18.50	Rookie Lifeguard++

Tuesday
11.30 - 12.20	Adult Fitness Swim++
13.10 - 14.00	Aqua Zumba+
18.10 - 19.00	Aqua Zumba+

Wednesday
| 12.00 - 12.50 | Aqua Fit+ |
| 17.45 - 18.35 | Aqua Zumba+ |

Thursday
| 11.30 - 12.30 | Little Sharks++ |
| 13.00 - 13.50 | Aqua Zumba+ |

Friday
| 11.30 - 12.30 | Little Sharks++ |
| 13.00 - 13.50 | Aqua Fit+ |

Saturday
| 10.45 - 13.30 | Public Swim |

Sunday
| 09.45 - 14.45 | Public Swim |

*NL/HP - Half pool available, no swim lanes 16.00 - 18.00
** NL/HP - Half pool available, no swim lanes 8.00 - 9.30
+ Pre-book via lancaster.gov.uk/fitnessclasses
++ Pre-book via lancaster.gov.uk/saltayresharks
^ Pre-book via lancaster.gov.uk/swim-timetable

Price List

	Pay as you swim	Go Card
Adults	£5.00	£2.50
Juniors (3-15 years)	£3.20	£1.30
Seniors (60+)	£3.50	
Family Swim (2 adults + 2 children)	£15	
Spectators / Carers / Under 3	Free	
Other Pool Sessions		
Pool Fitness Classes	£6.99	£3.50
Adult Fitness Swim	£8.00	

Inflatable Fun Sessions
| Adults & Children | £7.50 |
| Holiday Inflatable | £9.00 |

Swimming Discount Card
12 Swims for the price of 10
Adult	£50.00
Junior	£32.00
Senior	£35.00

1 Month
unlimited swim pass*
Adult	-	£38
Junior	-	£28
Senior	-	£33

6 Month
unlimited swim pass*
Adult	-	£185
Junior	-	£100
Senior	-	£150
Early Bird	-	£105

*Replacement cards can be purchased for £2.50