

# From 20<sup>th</sup> April 2026

## Main Pool

## Small Pool

### Monday

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim
11.30 - 12.30	Adult Only Public Swim
12.30 - 18.00	Public Swim*
18.10 - 18.45	Adult Only £2.30 Lane Swim

### Tuesday

06.00 - 06.50	Public Lane Swim (2 Lanes only)
07.00 - 08.30	Early Bird Public Swim*
11.30 - 12.30	Adult Only Public Swim
11.30 - 12.20	Adult Fitness Swim+ (1 Lane)
12.30 - 18.45	Public Swim*

### Wednesday

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim
12.00 - 13.00	Adult Only Public Swim
13.00 - 14.45	Public Swim
15.00 - 16.00	£2.50 Public Swim
16.15 - 17.15	£2.50 Public Swim
17.30 - 18.45	£2.50 Public Swim

### Thursday

06.00 - 06.50	Public Lane Swim (2 Lanes only)
07.00 - 08.30	Early Bird Public Swim*
13.00 - 14.00	Adult Only Public Swim
14.00 - 19.10	Public Swim*
19.15 - 20.15	Adult Only Lane Swim

### Friday

06.00 - 06.50	Public Lane Swim
07.00 - 08.30	Early Bird Public Swim
11.30 - 12.30	Adult Only Public Swim
12.30 - 18.15	Public Swim*

### Saturday

10.45 - 15.30	Public Swim
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### Sunday

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

\*NL/HP - Half pool available with 1 narrow lane

\*\* NL/HP - Half pool available with 1 narrow lane 8.00 - 9.30

+ Pre-book via [lancaster.gov.uk/fitnessclasses](http://lancaster.gov.uk/fitnessclasses)

++ Pre-book via [lancaster.gov.uk/saltayresharks](http://lancaster.gov.uk/saltayresharks)

### Monday

12.00 - 12.50	Aqua Fit+
13.00 - 13.50	Aqua Fit+

### Tuesday

11.30 - 12.20	Aqua Mobility+
12.30 - 13.20	Aqua Zumba+
13.30 - 14.20	Aqua Fit+ (term time only)
18.10 - 19.00	Aqua Fit+

### Wednesday

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

### Thursday

13.00 - 13.50	Aqua Zumba+
18.15 - 18.45	Adult Only Beginners Lessons++
18.50 - 19.20	Adult Only Skill Progression++

### Friday

11.30 - 12.30	Little Sharks++
13.15 - 14.05	Aqua Fit+

### Saturday

10.45 - 15.30	Public Swim
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### Sunday

09.45 - 14.45	Public Swim
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## Price List

	Pay as you swim	Go Card
Adult 16+	£5.40	£2.70
Juniors (3-15 years)	£3.45	£1.60
Seniors (60+)	£3.75	
Family Swim (2 adults + 2 children)	£16.10	
Spectators / Carers / Under 3	Free	
<b>Other Pool Sessions</b>		
Pool Fitness Classes	£6.99	£3.60
Adult Fitness Swim	£6.99	

<b>Inflatable Fun Sessions</b>	
School Holiday	£9.00
Inflatable	

<b>Swimming Discount Card</b>	
12 Swims for the price of 10	
Adult	£54.00
Junior	£34.50
Senior	£37.50

## 1 Month

unlimited swim pass\*

Adult	- £41.00
Junior	- £30.00
Senior	- £35.00

## 6 Month

unlimited swim pass\*

Adult	- £195
Junior	- £107
Senior	- £159
Early Bird	- £112

\*Replacement cards can be purchased for £2.70