

26th October - 1st November

Main Pool

Monday

06.00	-	06.50	Public Lane Swim
07.00	-	08.30	Early Bird Public Swim
09.00	-	10.00	Adult Only Public Swim*
10.00	-	18.00	Public Swim*
18.10	-	18.45	Adult Only £2.30 Lane Swim

Tuesday

06.00	-	06.50	Public Lane Swim
07.00	-	08.30	Early Bird Public Swim
09.00	-	10.00	Adult Only Public Swim*
10.00	-	13.00	Public Swim*
11.30	-	12.20	Adult Fitness Swim+
13.30	-	15.00	Giant Pool Inflatable^
16.00	-	18.45	Public Swim*

Wednesday

06.00	-	06.50	Public Lane Swim
07.00	-	08.30	Early Bird Public Swim
09.00	-	10.00	Adult Only Public Swim*
10.00	-	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
07.00	-	08.30	Early Bird Public Swim
09.00	-	10.00	Adult Only Public Swim*
10.00	-	12.00	Public Swim*
13.30	-	15.00	Giant Pool Inflatable^
16.00	-	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
09.00	-	10.00	Adult Only Public Swim*
10.00	-	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	-	13.30	Public Swim
13.45	-	14.30	SEN Swim

Small Pool

Monday

07.00	-	07.45	Virtual Aqua Cardio+
12.00	-	12.50	Aqua Fit+
13.00	-	13.50	Aqua Fit+
14.30	-	15.15	Virtual Aqua Power+

Tuesday

12.30	-	13.20	Aqua Zumba+
18.10	-	19.00	Aqua Fit+

Wednesday

08.00	-	08.30	Virtual Aqua Move+
12.00	-	12.50	Aqua Fit +
17.45	-	18.35	Aqua Zumba+

Thursday

11.15	-	12.05	Aqua Zumba+
18.15	-	18.45	Adult Only Beginners Lessons++
18.50	-	19.20	Adult Only Skill Progression++

Friday

13.15	-	14.05	Aqua Fit+
14.30	-	15.15	Virtual Aqua Power

Saturday

10.45	-	15.30	Public Swim
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Sunday

09.45	-	13.30	Public Swim
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*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
++ Pre-book via lancaster.gov.uk/saltayresharks
^ Pre book via www.lancaster.gov.uk/holidayprogramme

Price List

Adult 16+
Juniors (3-15 years)
Seniors (60+)
Family Swim
(2 adults + 2 children)
Spectators / Carers /
Under 3

Pay as you swim

£5.40
£3.45
£3.75
£16.10
Free

Go Card

£2.70
£1.60

Other Pool Sessions

Pool Fitness Classes
Adult Fitness Swim

£6.99
£6.99

£3.60

Inflatable Fun Sessions

School Holiday
Inflatable £9.00

Swimming Discount Card

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