



Autumn - Term Time

Main Pool

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145						
Monday	Lane 1	Lane Swimming																				Swim Lessons																					Lane Swim - Adults Only																												
	Lane 2	Lane Swimming															General Swim	Aqua - 10am to 10.55am	General Swim	Lane Swimming															Lane Swim - Adults Only																																				
	Lane 3	Lane Swimming																		Lane Swimming															General Swim																				Lane Swim - Adults Only																

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Tuesday	Lane 1	Lane Swimming																				Swim Lessons																					Lane Swim - Adults Only																						
	Lane 2	Lane Swimming															General Swim		Aqua - 11am to 11.55am		General Swim		Lane Swimming																				Lane Swim - Adults Only																						
	Lane 3	Lane Swimming																					Lane Swimming										General Swim										Lane Swim - Adults Only																						

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145									
Wednesday	Lane 1	Lane Swimming																								Swim Lessons																									Lane Swim - Adults Only																							
	Lane 2	Lane Swimming														General Swim	Aqua - 10am to 10:45am		Aqua - 11am to 11:45am		General Swim	Lane Swimming														Lane Swim - Adults Only																																						
	Lane 3	Lane Swimming														General Swim	General Swim																								Lane Swim - Adults Only																																	

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145																																	
Thursday	Lane 1	Lane Swimming																								Swim Lessons																									Lane Swim - Adults Only																																															
	Lane 2	Lane Swimming												General Swim	Aqua - 10am to 10.55am	General Swim												Lane Swimming																								Lane Swim - Adults Only																																														
	Lane 3	Lane Swimming												General Swim														Lane Swimming												General Swim																								Lane Swim - Adults Only																																		

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Friday	Lane 1	Lane Swimming																														Swim Lessons																															Lane Swim - Adults Only		Pool Closed
	Lane 2	Lane Swimming															General Swim		Aqua - 10am to 10.45am		Aqua - 11am to 11.45am		General Swim		Lane Swimming															Lane Swim - Adults Only																									
	Lane 3	Lane Swimming															General Swim								Lane Swimming															General Swim		Lane Swim - Adults Only																							

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Saturday	Lane 1	Pool Closed	Lane Swimming	Swim Lessons																Lane Swimming																		Pool Closed																											
	Lane Swimming																																																																
	Lane Swimming		General Swim																Float Session		General Swim																																												

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Sunday	Lane 1	Pool Closed	Lane Swimming	Swim Lessons																								Lane Swimming																								Pool Closed													
	Lane 2		Lane Swimming																																																														
	Lane 3		Lane Swimming	General Swim																																																													

Lane 1 - Closest to the Window

Times	Lanes	600	615	630	645	700	715	730	745	800	815	830	845	900	915	930	945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145
Monday	Lane 1	Pool Closed										General Swim															General Swim															Pool Closed																							
	Lane 2																										Swim Lessons																																						

Tuesday	Lane 1	Pool Closed	General Swim	General Swim		Pool Closed
	Lane 2			Swim Lessons		

Wednesday	Lane 1	Pool Closed	General Swim	General Swim		General Swim		Pool Closed
	Lane 2			Parent and Baby Lessons		Swim Lessons		

Thursday	Lane 1	Pool Closed	General Swim	General Swim		Pool Closed
	Lane 2			Swim Lessons		

Friday	Lane 1	Pool Closed	General Swim	General Swim		Pool Closed
	Lane 2			Swim Lessons		

Saturday	Lane 1	Pool Closed	General Swim		General Swim	Pool Closed
	Lane 2		Swim Lessons			

Sunday	Lane 1	Pool Closed	General Swim		General Swim	Pool Closed
	Lane 2		Swim Lessons			

Lane Swimming - Structured swimming using marked lanes—ideal for fitness and technique-focused swimmers. Swimmers are required to follow lane etiquette and pace.

Lane Swimming - Adults Only - Reserved lane swimming for adults aged 16 and over.

General Swim - Open swim time for individuals and families to enjoy the pool freely—no lanes or structured format. Great for casual swimming and fun.

Aqua - A group water-based fitness session combining cardio and resistance exercises. Low-impact and suitable for a range of fitness levels.

Float Session - A session for the whole family to enjoy a splash-tastic hour of floating, playing, and relaxing in the water!

Swim Lessons - Professional swimming instruction provided by Swim Nature. Tailored lessons for varying abilities, focusing on technique, water confidence, and progress.

Parent and Baby Lessons - Fun and safe water play sessions provided by Swim Nature.

Pool Closed - During this period, the pool is temporarily unavailable for maintenance and hygiene upkeep to ensure a safe swimming environment.

More Information
Please contact Leisure Operations Manager - Ana Leal via email ana.leal@lensbury.com

Please contact Leisure Operations Manager - Ana Leal via email ana.leal@lensbury.com