



Pool Timetable

THE LENSURY



Winter - Term Time - Monday 5th January to Sunday 29th March

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					
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					
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		Lane Swimming		General Swim		Lane Swim - Adults Only					
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		Lane Swimming		General Swim		Lane Swim - Adults Only					
Friday	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		Pool Closed			
	Lane 3	Lane Swimming		Lane Swimming		General Swim		Lane Swim - Adults Only					
Saturday	Lane 1	Pool Closed	Lane Swimming			Swim Lessons			Lane Swimming				
	Lane 2		Lane Swimming			Lane Swimming			Lane Swimming				
	Lane 3		Lane Swimming		General Swim		Lane Swimming		General Swim		Pool Closed		
Sunday	Lane 1	Pool Closed	Lane Swimming			Swim Lessons			Lane Swimming				
	Lane 2		Lane Swimming			Lane Swimming			Lane Swimming				
	Lane 3		Lane Swimming		General Swim		Lane Swimming		General Swim		Pool Closed		

Learner 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	Pool Closed			General Swim			Swim Lessons			Lane Swimming			Pool Closed		
	Lane 2	General Swim		Swim Lessons		Lane Swimming		General Swim		Swim Lessons						
Tuesday	Lane 1			Pool Closed	General Swim					Lane Swimming			General Swim			Swim Lessons
	Lane 2	General Swim			Lane Swimming		General Swim		Swim Lessons		Lane Swimming		General Swim			
Wednesday	Lane 1	Pool Closed	General Swim		General Swim		Parent and Baby Lessons		Lane Swimming		General Swim		Swim Lessons		Pool Closed	
	Lane 2		General Swim		Lane Swimming		General Swim		Lane Swimming		General Swim		Swim Lessons			
Thursday	Lane 1	Pool Closed	General Swim			Lane Swimming			General Swim			Swim Lessons			Pool Closed	
	Lane 2		General Swim		Lane Swimming		General Swim		Lane Swimming		General Swim		Swim Lessons			
Friday	Lane 1	Pool Closed	General Swim			Lane Swimming			General Swim			Swim Lessons			Pool Closed	
	Lane 2		General Swim		Lane Swimming		General Swim		Lane Swimming		General Swim		Swim Lessons			
Saturday	Lane 1	Pool Closed	General Swim			Swim Lessons			General Swim			Lane Swimming			Pool Closed	
	Lane 2		General Swim		Lane Swimming		General Swim		Lane Swimming		General Swim		Swim Lessons			
Sunday	Lane 1	Pool Closed	General Swim			Swim Lessons			General Swim			Lane Swimming			Pool Closed	
	Lane 2		General Swim		Lane Swimming		General Swim		Lane Swimming		General Swim		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.