



# Pool Timetable



Summer- Term Time - Monday 30th April to Sunday 19th July

## 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															General Swim															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															General Swim															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															General Swim															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															Aqua - 9am to 9.45am	Aqua - 10am to 10.45am	General Swim	Lane Swimming															General Swim															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 10.55am	General Swim	Lane Swimming															General Swim															Lane Swim - Adults Only															
	Lane 3	Lane Swimming															Lane Swimming															General Swim															Lane Swim - Adults Only																		
Saturday	Lane 1	Pool Closed															Swim Lessons															Lane Swim - Adults Only																																	
	Lane 2	Pool Closed															Lane Swimming															Pool Closed																																	
	Lane 3	Pool Closed															General Swim															Float Session	General Swim															Pool Closed																	
Sunday	Lane 1	Pool Closed															Swim Lessons															Lane Swim - Adults Only																																	
	Lane 2	Pool Closed															Lane Swimming															Pool Closed																																	
	Lane 3	Pool Closed															General Swim															Pool Closed																																	

Lane 1 - Closest to the Window

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

- 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](mailto:ana.leal@lensbury.com)