



Pool Timetable



Summer- Non Term Time - Monday 25th May to Sunday 31st May

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 2	Lane Swimming														General Swim														Lane Swimming																																			
	Lane 3	Lane Swimming														General Swim														General Swim																																			
Tuesday	Lane 1	Lane Swimming														Swim Lessons														Lane Swim - Adults Only																																			
	Lane 2	Lane Swimming														General Swim		Aqua - 10am to 10.55am		Aqua - 11am to 11.55am		General Swim		Lane Swimming														Lane Swim - Adults Only																											
	Lane 3	Lane Swimming														General Swim														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														General Swim														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														Lane Swim - Adults Only																													
	Lane 3	Lane Swimming														General Swim														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														Lane Swim - Adults Only																													
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Saturday	Lane 1	Lane Swimming														Swim Lessons														Lane Swimming														Pool Closed																					
	Lane 2	Pool Closed														Lane Swimming														Pool Closed																																			
	Lane 3	Lane Swimming														General Swim														Float Session		General Swim														Pool Closed																			
Sunday	Lane 1	Lane Swimming														Swim Lessons														Lane Swimming														Pool Closed																					
	Lane 2	Pool Closed														Lane Swimming														Pool Closed																																			
	Lane 3	Lane Swimming														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														General Swim														Pool Closed																					
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Tuesday	Lane 1	Pool Closed														General Swim														General Swim														Pool Closed																					
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Wednesday	Lane 1	Pool Closed														General Swim														General Swim														Pool Closed																					
	Lane 2	Pool Closed														General Swim														Parent and Baby Lessons		Swim Lessons														Pool Closed																			
Thursday	Lane 1	Pool Closed														General Swim														General Swim														Pool Closed																					
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	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



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
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