




McLaren Leisure Timetables

Monday 13th October - Sunday 26th October



Swimming Monday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	09:00-10:00 Public	10:00-11:00 Public	11:00-12:00 Public	12:00-13:00 Public	13:00-14:00 Shared Public	14:00-15:00 Fun Session	15:00-16:00 public	16:00-17:00 Public	17:00-18:00 Public	18:00-19:00 Public	19:00-20:00 public	20:00-21:00 Lane Swimming
Swimming Tuesday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	09:00-10:00 Public	10:00-10:45 Public	PUBLIC & AQUAFIT LITE 10:45-12:00 (AQUAFIT 10:45-11:45)	12:00-13:00 Public	13:00-14:00 Shared Public	14:00-15:00 Fun Session	15:00-16:00 public	16:00-17:00 Public	17:00-18:00 Public	18:00-19:00 Public	19:00-20:00 public & AquaFIT	20:00-21:00 Lane swimming
Swimming Wednesday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	09:00-10:00 Public	10:00-11:00 Public	11:00-12:00 Public	12:00-13:00 Public	13:00-14:00 Shared Public	14:00-15:00 Fun Session	15:00-16:00 public	16:00-17:00 Public	17:00-18:00 Public	18:00-19:00 Public	19:00-20:00 public	20:00-21:00 Lane Swimming
Swimming Thursday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	09:00-10:00 Public	10:00-11:00 Public	11:00-12:00 Public	PUBLIC & AQUAFIT LITE 12:00-13:00	13:00-14:00 Shared Public	14:00-15:00 Fun Session	15:00-16:00 public	16:00-17:00 Public	17:00-18:00 Public	18:00-19:00 SwimFIT	19:00-20:00 public	20:00-21:00 Lane Swimming
Swimming Friday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	09:00-10:00 Public	10:00-11:00 Public	11:00-12:00 Public	12:00-13:00 Public	13:00-14:00 Shared Public	14:00-15:00 Fun Session	15:00-16:00 public	16:30 - 17:45 SHOCKWAVE 'T's & C's Apply		18:30 - 20:00 Public		20:00-21:00 Lane Swimming
Swimming Saturday				LANE SWIMMING 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:00-14:00	PUBLIC 14:30-15:30 		PUBLIC 16:00-17:00	<div>PLEASE NOTE</div> <div>SWIMMING POOL</div> <div>1. Timetables are subject to change at short notice</div> <div>2. Swimming pool ratios apply</div> <div>3. Access to deep end only during shared public swimming sessions</div>			
Swimming Sunday				LANE SWIMMING 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:00-14:00	PUBLIC 14:30-15:30 		PUBLIC 16:00-17:00				

PLEASE NOTE SWIMMING POOL

1. Timetables are subject to change at short notice
 2. Swimming pool ratios apply
 3. Access to deep end only during shared public swimming sessions
 4. We suggest pre booking to avoid disappointment. Bookings can be made at www.mclarenleisure.co.uk/onlinebooking/
 5. No access to pool area during school sessions, lessons and SwimFIT session.
-  The weekend 14:30 Public Swim session may be closed for private bookings. Please see online booking for availability

POOL RATIOS

1. A child under the age of 4 years must be accompanied by an responsible adult (one adult to one child)
2. Children between 4 and 8 years must be accompanied by a responsible adult (one adult to two children)
3. Competent swimmers over the age of 8 years may swim unaccompanied.
4. Children between 8 and 14 years who are attending determinator sessions must be able to swim 20 meters without buoyancy aids or assistance.

FITNESS SUITES/GYMS

1. Timetables are subject to change at short notice
2. Public times shown may be shared with McLaren Cycle & RigFIT classes, these times are displayed in gyms. The Shared and closed times shown are in partnership with McLaren High School.

BIG GYM OPENING HOURS

Monday - Friday 06:15-21:00
Saturday & Sunday 09:00-17:00

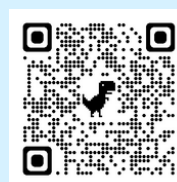
SMALL GYM OPENING HOURS

Monday 06:15-08:55 & 10:35-21:00
Tuesday 06:15-11:40 & 13:20-21:00
Wednesday 06:15-21:00
Thursday 06:15-13:40 & 15:20-21:00
Friday 06:15-21:00
Saturday 09:00-17:00
Sunday 09:00-17:00

SOFT PLAY OPENING HOURS

Monday - Friday 09:00-11:00
12:00-14:00
15:00 - 18:00

Saturday & Sunday 09:00-10:30
11:30-13:00
14:00-15:30



For full session availability visit our website

Don't forget to book your swimming and soft play sessions online.
www.mclarenleisure.co.uk