McLaren Leisure Timetables
Saturday 10th October - Sunday 25th October

McLaren Leisure

Swimming Monday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	CLOSED 13:00-14:00	FUN SESSION 14:00-15:00	PUBLIC 15:00-16:00	PUBLIC 16:00 -17:00	PUBLIC 17:00-18:00	PUBLIC 18:00-19:00	PUBLIC 19:00-20:00	LANE SWIMMING 20:00-21:00
Swimming Tuesday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:00	PUBLIC & AQUAFIT LITE 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	**CLOSED 13:00-14:00**	FUN SESSION 14:00-15:00	PUBLIC 15:00-16:00	PUBLIC 16:00 -17:00	PUBLIC 17:00-18:00	PUBLIC 18:00-19:00	PUBLIC & AquaFIT 19:15-20:00	LANE SWIMMING 20:00-21:00
Swimming Wednesday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	**CLOSED 13:00-14:00**	FUN SESSION 14:00-15:00	PUBLIC 15:00-16:00	PUBLIC 16:00 -17:00	PUBLIC 17:00-18:00	PUBLIC 18:00-19:00	PUBLIC 19:00-20:00	LANE SWIMMING 20:00-21:00
Swimming Thursday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:00	PUBLIC & AQUAFIT LITE 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	**CLOSED 13:00-14:00**	FUN SESSION 14:00-15:00	PUBLIC 15:00-16:00	PUBLIC 16:00 -17:00	PUBLIC 17:00-18:00	SWIM FIT 18:00-19:00	PUBLIC & AquaFIT 19:15-20:00	LANE SWIMMING 20:00-21:00
Swimming Friday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-09:00	PUBLIC 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	**CLOSED 13:00-14:00**	FUN SESSION 14:00-15:00	PUBLIC 15:00-16:00	SHOCKWAVE 16:30 - 17:45 *T's & C's Apply		PUBLIC 18:30 - 20:00		**LANE SWIMMING** 20:00-21:00
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				
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				

On Tuesday 20th October there will be no public access to the pool from 13:00-16:30 due to private bookings. Friday 23rd October, no public access 1500 - 1615 due to private booking.

BIG GYM OPENING HOURS

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

SMALL GYM OPENING HOURS

Monday	06:15 -21:00
Tuesday	06:15 -21:00
Wednesday	06:15- 21:00
Thursday	06:15 -21:00
Friday	06:15 -21:00
Saturday	09:00-17:00
Sunday	09:00-17:00

SOFT PLAY OPENING HOURS

Monday	09:00-11:00 12:00-14:00 15:00 - 17:00
Tuesday - 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

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 yellow 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.
6. 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 14years who are attending determinator sessions must be able to swim 20meters 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.