

# McLaren Leisure Timetables

## Monday 20<sup>th</sup> April - Sunday 28<sup>th</sup> June



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 10:00-10:50	PUBLIC & SCHOOL (No Lane) 10:50 - 12:00	PUBLIC & LESSONS 12:00-14:00 (LESSONS 12:40-13:40)		PUBLIC 14:00 - 15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-19:00			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 08:00-08:45	PUBLIC 09:00-10:00	PUBLIC & AQUAFIT LITE 10:00-11:00	PUBLIC * 11:00-12:00	PUBLIC * 12:00-13:00	PUBLIC * 13:00-14:00	PUBLIC 14:00 - 15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-17:45	PUBLIC & LESSONS 17:45-18:30	PUBLIC 18:30-19:15	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 & LESSONS 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:45-14:30	SCHOOL 13:45-14:30	PUBLIC 14:30-16:00	MCLAREN LESSONS 16:00-17:45	PUBLIC & LESSONS 17:45-18:30	PUBLIC 18:30-19:15	PUBLIC 19:15-20:00	LANE SWIMMING 20:00-21:00
Swimming Thursday	LANE SWIMMING 06:30-07:15	LANE SWIMMING 07:15 - 08:00	LANE SWIMMING 08:00-08:45	PUBLIC 09:00-10:00	PUBLIC & AQUAFIT LITE 10:00-11:00	PUBLIC 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC 13:00-14:00	PUBLIC 14:00 - 15:00	PUBLIC 15:00-16:00	PUBLIC & LESSONS 16:00-17:00	PUBLIC & LESSONS 17:00-18:00	SWIMFIT 18:00-19:00	PUBLIC & AquaFIT 19:00-20:00 (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 & LESSONS 11:00 -12:00 (LESSONS 11:20-11:50)	PUBLIC 12:00-13:00	PUBLIC & LESSONS 13:00-14:00 (LESSONS 13:30-14:00)	PUBLIC 14:00 - 15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-18:30		PUBLIC 18:30-19:15	SHOCKWAVE 19:30-20:45 *T's & C's Apply	
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		<b>SWIMMING POOL</b>		
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		<ol style="list-style-type: none"> <li>1. Timetables are subject to change at short notice</li> <li>2. Swimming pool ratios apply</li> <li>3. Access to deep end only during yellow shared public swimming sessions.</li> <li>4. We suggest pre booking to avoid disappointment. Bookings can be made at <a href="http://www.mclarenleisure.co.uk/onlinebooking/">www.mclarenleisure.co.uk/onlinebooking/</a></li> <li>5. No access to pool area during greyed our sessions.</li> </ol>		

\* Tuesday 19<sup>th</sup> May 2026.  
Change to timetable  
(1day only)

PUBLIC & AQUAFIT LITE 10:00-11:00	PUBLIC 11:00-11:40	SCHOOL 11:40 - 13:30	PUBLIC 13:30-14:00	PUBLIC 14:00 - 15:00
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For full session availability visit our website

Don't forget to book your swimming and soft play sessions online.  
[www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk)

### SOFT PLAY OPENING HOURS

<b>Monday</b>	09:00-11:00 12:00-14:00 15:00 - 17:00
<b>Tuesday - Friday</b>	09:00-11:00 12:00-14:00 15:00 - 18:00
<b>Saturday - Sunday</b>	09:00-10:30 11:30-13:00 14:00-15:30

### 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

<b>Monday - Friday</b>	06:15 -21:00
<b>Saturday &amp; Sunday</b>	09:00-17:00

### SMALL GYM OPENING HOURS

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

### POOL RATIOS

1. A child under the age of 4 years must be accompanied by a 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.