McLaren Leisure Timetables
Saturday 21st November - Sunday 6th December

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 & 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 08:00-09:00	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	SCHOOL 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 12:00-12:45	SCHOOL 12:45-13:45	PUBLIC 13:45-15:00	PUBLIC 15:00-16:00	MCLAREN LESSONS 16:00-17:45	PUBLIC & LESSONS 17:45-18:30	PUBLIC 18:30-19:15	PUBLIC 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 08:00-09:00	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 11:00-12:00	PUBLIC 12:00-13:00	PUBLIC & LESSONS 13:00-14:30 (LESSONS 13:30-14:00)	SCHOOL 14:30-15:30	PUBLIC 15:30-16:00	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				
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				

BIG GYM OPENING HOURS

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

SMALL GYM OPENING HOURS

Monday	06:15-09:00 & 10:35-21:00
Tuesday	06:15-14:15 & 15:45-21:00
Wednesday	06:15-21:00
Thursday	06:15-11:15 & 12:45-21:00
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 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 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.