

McLaren Leisure Timetables

Friday 3rd April 2026



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)	SHARED 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
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Saturday 4th April - Sunday 19th April

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	SHARED PUBLIC 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	SHARED PUBLIC 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	SHARED PUBLIC 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 19:15-20:00	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	SHARED PUBLIC 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 19:00-20:00 (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	SHARED PUBLIC 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				

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 greyed out sessions.
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.



For full session availability visit our website

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

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

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.

GYM OPENING HOURS

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