

# McLaren Leisure Timetables

## Monday 30<sup>th</sup> June - Sunday 10<sup>th</sup> August

School holiday timetable



|                    |                              |                              |                              |  |  |                       |                              |   |                       |   |                              |                        |                                 |                              |
|--------------------|------------------------------|------------------------------|------------------------------|--|--|-----------------------|------------------------------|---|-----------------------|---|------------------------------|------------------------|---------------------------------|------------------------------|
| Swimming Monday    | 07:00-08:00<br>Lane Swimming | 08:00-09:00<br>Lane Swimming | 09:00-10:00<br>Public        | 10:00-11:00<br>Public<br>Shared Public*                  | 11:00-12:00<br>Public                  | 12:00-13:00<br>Public | 13:00-14:00<br>Shared Public | 14:00-15:00<br>Fun Session  | 15:00-16:00<br>public | 16:00-17:00<br>Shared Public                | 17:00-18:00<br>Shared Public | 18:00-19:00<br>Public  | 19:00-20:00<br>public           | 20:00-21:00<br>Lane Swimming |
| Swimming Tuesday   | 07:00-08:00<br>Lane Swimming | 08:00-09:00<br>Lane Swimming | 09:00-10:00<br>Public        | 10:00-11:00<br>Public & AquaFIT LITE /<br>Shared Public* | 11:00-12:00<br>Public                  | 12:00-13:00<br>Public | 13:00-14:00<br>Shared Public | 14:00-15:00<br>Fun Session  | 15:00-16:00<br>public | 16:00-17:00<br>Public                       | 17:00-18:00<br>Public        | 18:00-19:00<br>Public  | 19:00-20:00<br>public & AquaFIT | 20:00-21:00<br>Lane swimming |
| Swimming Wednesday | 07:00-08:00<br>Lane Swimming | 08:00-09:00<br>Lane Swimming | 09:00-10:00<br>Public        | 10:00-11:00<br>Public<br>Shared Public*                  | 11:00-12:00<br>Public                  | 12:00-13:00<br>Public | 13:00-14:00<br>Shared Public | 14:00-15:00<br>Fun Session  | 15:00-16:00<br>public | 16:00-17:00<br>Public                       | 17:00-18:00<br>Public        | 18:00-19:00<br>Public  | 19:00-20:00<br>public           | 20:00-21:00<br>Lane Swimming |
| Swimming Thursday  | 07:00-08:00<br>Lane Swimming | 08:00-09:00<br>Lane Swimming | 09:00-10:00<br>Public        | 10:00-11:00<br>Public<br>Shared Public*                  | 11:00 - 12:00<br>Public & AquaFIT LITE | 12:00-13:00<br>Public | 13:00-14:00<br>Shared Public | 14:00-15:00<br>Fun Session  | 15:00-16:00<br>public | 16:00-17:00<br>Public                       | 17:00-18:00<br>Public        | 18:00-19:00<br>SwimFIT | 19:00-20:00<br>public           | 20:00-21:00<br>Lane Swimming |
| Swimming Friday    | 07:00-08:00<br>Lane Swimming | 08:00-09:00<br>Lane Swimming | 09:00-10:00<br>Public        | 10:00-11:00<br>Public<br>Shared Public*                  | 11:00-12:00<br>Public                  | 12:00-13:00<br>Public | 13:00-14:00<br>Shared Public | 14:00-15:00<br>Fun Session  | 15:00-16:00<br>public | 16:30 - 17:45 SHOCKWAVE<br>*T's & C's Apply |                              | 18:30 - 20:00 Public   |                                 | 20:00-21:00<br>Lane Swimming |
| Swimming Saturday  |                              |                              | LANE SWIMMING<br>09:00-10:00 | PUBLIC<br>10:00-11:00                                    | PUBLIC<br>11:00-12:00                  | PUBLIC<br>12:00-13:00 | PUBLIC<br>13:00-14:00        | PUBLIC<br>14:30-15:30  |                       | PUBLIC<br>16:00-17:00                       |                              |                        |                                 |                              |
| Swimming Sunday    |                              |                              | LANE SWIMMING<br>09:00-10:00 | PUBLIC<br>10:00-11:00                                    | PUBLIC<br>11:00-12:00                  | PUBLIC<br>12:00-13:00 | PUBLIC<br>13:00-14:00        | PUBLIC<br>14:30-15:30  |                       | PUBLIC<br>16:00-17:00                       |                              |                        |                                 |                              |

\*10:00-11:00 Shared public session Monday 14<sup>th</sup> July - Friday 18<sup>th</sup> July Shared public & swimming lessons

### BIG GYM OPENING HOURS

**Monday - Friday** 07:00-21:00  
**Saturday & Sunday** 09:00-17:00

### SMALL GYM OPENING HOURS

**Monday** 07:00-21:00  
**Tuesday** 07:00-21:00  
**Wednesday** 07:00-21:00  
**Thursday** 07:00-21:00  
**Friday** 07:00-21:00  
**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](http://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/](http://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.