

McLaren Leisure Timetables

Tuesday 22nd April - Sunday 29th June



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|--------------------|---------------------------|---------------------------|---------------------------|-----------------------------------|-----------------------------------|--|------------------------------|----------------------|--------------------|-----------------------------|--------------------|---------------------|--|--|
| Swimming Monday | LANE SWIMMING 07:00-08:00 | LANE SWIMMING 08:00-09:00 | PUBLIC 09:00-10:00 | PUBLIC 10:00 - 11:00 | PUBLIC 11:00-12:30 | PUBLIC & LESSONS 12:30-14:00 (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 07:00-08:00 | 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 | SCHOOL 13:00-14:00 | PUBLIC 14:00-15:00 | PUBLIC 15:00-16:00 | MCLAREN LESSONS 16:00-19:00 | | | PUBLIC & AQUAFIT 19:00-20:00 | LANE SWIMMING 20:00-21:00 |
| Swimming Wednesday | LANE SWIMMING 07:00-08:00 | LANE SWIMMING 08:00-09:00 | PUBLIC 09:00-10:00 | PUBLIC & LESSONS 10:00-11:00 | PUBLIC 11:00-12:00 | PUBLIC 12:00-12:50 | SCHOOL 12:50-13:45 | PUBLIC 13:45 - 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 Thursday | LANE SWIMMING 07:00-08:00 | LANE SWIMMING 08:00-09:00 | PUBLIC 09:00-10:00 | PUBLIC 10:00 - 11:00 | PUBLIC & AQUAFIT LITE 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 16:00-17:00 | PUBLIC 17:00-18:00 | SWIMFIT 18:00-19:00 | PUBLIC 19:00-20:00 | LANE SWIMMING 20:00-21:00 |
| Swimming Friday | LANE SWIMMING 07:00-08:00 | LANE SWIMMING 08:00-09:00 | PUBLIC 09:00-10:00 | PUBLIC 10:00 - 11:00 | PUBLIC & LESSONS 11:00 - 12:00 | PUBLIC 12:00-13:00 | PUBLIC & LESSONS 13:00-14:00 | PUBLIC 14:00-15:00 | PUBLIC 15:00-16:00 | MCLAREN LESSONS 16:00-19:00 | | | SHOCKWAVE 19:15-20:15 *T's & C's Apply | SHOCKWAVE 20:15-21:15 *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 | |

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.

BIG GYM OPENING HOURS

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

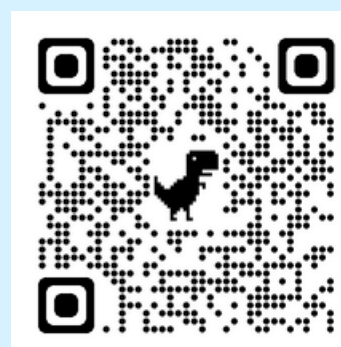
SMALL GYM OPENING HOURS

Monday 07:00-21:00
Tuesday 07:00-14:00 & 15:50-21:00
Wednesday 07:00-11:10 & 12:50-21:00
Thursday 07:00-21:00
Friday 07:00-09:10 & 10:50 - 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