

# McLaren Leisure Timetables

## Monday 20th November - Friday 22nd December



Swimming Monday	07:00-08:00 Lane Swimming	08:00-08:30 Lane Swimming	08:45 - 12:00 School		12:00-13:00 Public	13:00-14:00 Lessons & Public	14:10-16:00 School		16:00-19:00 Lessons			19:00-20:00 public	20:00-21:00 Lane Swimming	
Swimming Tuesday	07:30 - 08:30 Lane Swimming	08:45-10:00 School		10:00-11:00 Public	11:00-12:00 Public & Aquacise	12:00-13:00 Public	13:00-14:00 Public	14:10-16:00 School		16:00-19:00 Lessons			19:00-20:00 public & AquaFIT	20:00-21:00 Lane swimming
Swimming Wednesday	07:00-08:00 Lane Swimming	08:00-09:00 Lane Swimming	09:00-11:00 Lessons & Public		11:00-12:00 School	12:00-12:45 Public	12:50-15:30 School		15:30 -16:00 Public	16:00-19:00 Lessons			19:00-20:00 public	20:00-21:00 Lane Swimming
Swimming Thursday	07:30 - 08:30 Lane Swimming	08:30-09:00 Lane Swimming	09:00-10:00 Public	10:00-11:00 Public	11:00-11:50 Public & Aquacise	12:00-13:00 School	13:00-13:30 Public & Lessons	13:30-15:00 School	15:00 -16:00 Public	16:00-17:00 Public	17:00-18:00 Public	18:00-19:00 Public	19:00-20:00 public	20:00-21:00 Lane Swimming
Swimming Friday	07:00-08:00 Lane Swimming	08:00-09:00 Lane Swimming	09:00-10:00 School	10:10-11:00 Lessons & Public	11:10-13:00 School	13:00-13:30 Public	13:30 - 15:30 School		15:30 -16:00 Public	16:00-19:00 Lessons			19:30-20:45 Determinator *T's & C's Apply	
Swimming Saturday			09:00-10:00 Lane Swimming	10:00-11:00 public	11:00-12:00 public	12:00-13:00 public	13:00-14:30 public		15:00-16:00 public	16:30-17:30 public				
Swimming Sunday			09:00-10:00 Lane Swimming	10:00-11:00 public	11:00-12:00 public	12:00-13:00 public	13:00-14:30 public		15:00-16:00 public	16:30-17:30 public				
Soft Play Monday - Friday			09:00-11:00			12:00-14:00			15:00-18:00					
Soft Play Saturday - Sunday			09:00-10:30			11:30 - 13:00			14:00-15:30					

### 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. The weekend 15:00 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 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 14 years who are attending determinator sessions must be able to swim 20 meters 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 Mon/Wed/Fri	07:00 -21:00		Big Gym Tue/thur	07:30-21:00		Big Gym & wee Gym Sat/Sun	09:00-17:00
Wee Gym Monday	07:00-13:20 Public			13:20 - 14:10 Shared	14:10-21:00 Public		
Wee Gym Tuesday	07:30 - 14:10 Public				14:10-15:50 Closed	15:50-21:00 Public	
Wee Gym Wednesday	07:00 - 11:10 Public		11:10-12:50 Closed		12:50-21:00 Public		
Wee Gym Thursday	07:30-08:30 Shared	08:30-21:00 Public					
Wee Gym Friday	07:00 - 09:10 Public	09:10 - 10:50 Closed			10:45-21:00 Public		

Book Swim & Soft Play Online

