

McLaren Leisure Timetables

Monday 2nd December - Sunday 22nd December



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 07:30-08:15	LANE SWIMMING 08:15-09:00	PUBLIC 09:00-10:00	PUBLIC & AQUACISE 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 12:50-13:40	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 07:30-08:15	LANE SWIMMING 08:15-09:00	PUBLIC 09:00-10:00	PUBLIC 10:00-11:00	PUBLIC & AQUACISE 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 09:00-10:30		PUBLIC & LESSONS 10:30-12:00 (LESSONS 10:50-11:50)	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			19:30-20:45 Determinator *T's & C's Apply	
Swimming Saturday			LANE SWIMMING 09:00-10:00	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	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/ The weekend 15:00 Public Swim session may be closed for private bookings. Please see online booking for availability			
Swimming Sunday			LANE SWIMMING 09:00-10:00	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				



For full session availability visit our website www.mclarenleisure.co.uk

Don't forget to book your swimming and soft play sessions online.

BIG GYM OPENING HOURS

Monday	07:00-21:00
Tuesday	07:30-21:00
Wednesday	07:00-21:00
Thursday	07:30-21:00
Friday	07:00-21:00
Saturday	09:00-17:30
Sunday	09:00-17:30

SMALL GYM OPENING HOURS

Monday	07:00-21:00
Tuesday	07:30-14:00 & 15:50-21:00
Wednesday	07:00-11:10 & 12:50-21:00
Thursday	07:30-21:00
Friday	07:00-09:10 & 10:50 - 21:00
Saturday	09:00-17:30
Sunday	09:00-17:30

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

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.