



ENTRANCE A

Ellesmere Port Sports Village Swim Timetable

MONDAY	
6.30am - 7.15am Main Pool	Lane Swim
7.30am - 8.15am Main Pool	Lane Swim
8.30am - 9.15am Main Pool	Lane Swim
9.30am - 10.15am Main Pool	Lane Swim
10.30am - 11.15am Main Pool	Lane Swim
11.30am - 12.15pm Main Pool	Lane Swim
12.30pm - 1.15pm Main & Small Pool	Family Swim
12.40pm - 1.10pm Main Pool	Floatfit HIIT®
1.20pm - 1.50pm Main Pool	Floatfit Balance®
1.30pm - 2.15pm Main & Small Pool	Family Swim
2.30pm - 3.15pm Main Pool	Lane Swim
3.30pm - 4.15pm Main Pool	Lane Swim
4.30pm - 5.15pm Main Pool	Lane Swim
5.30pm - 6.15pm Main Pool	Lane Swim
6.30pm - 7.15pm Main Pool	Aqua Fit
7.30pm - 8.15pm Main Pool	Lane Swim
8.30pm - 9.15pm Main Pool	Lane Swim

TUESDAY	
6.30am - 7.15am Main Pool	Lane Swim
7.30am - 8.15am Main Pool	Lane Swim
8.30am - 9.15am Main Pool	Lane Swim
9.30am - 10.15am Main Pool	Lane Swim
10.30am - 11.15am Main Pool	Lane Swim
11.30am - 12.15pm Main Pool	Lane Swim
12.30pm - 1.15pm Main & Small Pool	Family Swim
1.30pm - 2.15pm Main & Small Pool	Family Swim
2.30pm - 3.15pm Main Pool	Lane Swim
3.30pm - 4.15pm Main Pool	Lane Swim
4.30pm - 5.15pm Main Pool	Lane Swim
5.30pm - 6.15pm Main Pool	Lane Swim
6.30pm - 7.15pm Main Pool	Aqua Fit
7.30pm - 8.15pm Main Pool	Lane Swim
8.30pm - 9.15pm Main Pool	Lane Swim

WEDNESDAY	
6.30am - 7.15am Main Pool	Lane Swim
7.30am - 8.15am Main Pool	Lane Swim
8.30am - 9.15am Main Pool	Lane Swim
9.30am - 10.15am Main Pool	Lane Swim
10.30am - 11.15am Main Pool	Lane Swim
11.30am - 12.15pm Main Pool	Lane Swim
12.30pm - 1.15pm Main & Small Pool	Family Swim
12.40pm - 1.10pm Main Pool	Floatfit HIIT®
1.20pm - 1.50pm Main Pool	Floatfit Balance®
1.30pm - 2.15pm Main & Small Pool	Family Swim
2.30pm - 3.15pm Main Pool	Lane Swim
3.30pm - 4.15pm Main Pool	Lane Swim
4.30pm - 5.15pm Main Pool	Lane Swim
5.30pm - 6.15pm Main Pool	Lane Swim
7.00pm - 7.30pm Main Pool	Floatfit HIIT®
7.45pm - 8.15pm Main Pool	Floatfit Balance®
8.30pm - 9.15pm Main Pool	Lane Swim

THURSDAY	
6.30am - 7.00am Main Pool	Floatfit HIIT®
7.15am - 7.45am Main Pool	Floatfit Balance®
8.30am - 9.15am Main Pool	Lane Swim
9.30am - 10.15am Main Pool	Lane Swim
10.30am - 11.15am Main Pool	Lane Swim
11.30am - 12.15pm Main Pool	Aqua Fit
12.30pm - 1.15pm Main & Small Pool	Family Swim
1.30pm - 2.15pm Main & Small Pool	Family Swim
2.30pm - 3.15pm Main Pool	Lane Swim
3.30pm - 4.15pm Main Pool	Lane Swim
4.30pm - 5.15pm Main Pool	Lane Swim
5.30pm - 6.15pm Main Pool	Lane Swim
6.30pm - 7.15pm Main Pool	Lane Swim
7.30pm - 8.15pm Main Pool	Aqua Fit
8.30pm - 9.15pm Main Pool	Lane Swim

FRIDAY	
6.30am - 7.15am Main Pool	Lane Swim
7.30am - 8.15am Main Pool	Lane Swim
8.30am - 9.15am Main Pool	Lane Swim
9.30am - 10.15am Main Pool	Aqua Zumba
10.30am - 11.15am Main Pool	Lane Swim
11.30am - 12.15pm Main Pool	Lane Swim
12.30pm - 1.15pm Main & Small Pool	Family Swim
12.40pm - 1.10pm Main Pool	Floatfit HIIT®
1.20pm - 1.50pm Main Pool	Floatfit Balance®
1.30pm - 2.15pm Main & Small Pool	Family Swim
2.30pm - 3.15pm Main Pool	Lane Swim
3.30pm - 4.15pm Main Pool	Lane Swim
4.30pm - 5.15pm Main Pool	Lane Swim
5.30pm - 6.15pm Main Pool	Lane Swim
6.30pm - 7.15pm Main Pool	Lane Swim
7.30pm - 8.15pm Main Pool	Lane Swim
8.30pm - 9.15pm Main Pool	Lane Swim

BANK HOLIDAY MONDAY
OPENING HOURS
8.30am - 3.30pm

Pool admissions policy applies to all sessions

**Sessions may vary on Bank Holiday Monday, for an up-to-date timetable, please check the online version.

SATURDAY	
9.00am - 9.45am Main Pool	Lane Swim
10.00am - 10.45am Main Pool	Lane Swim
11.00am - 11.45am Main & Small Pool	Family Swim
12.00pm - 12.45pm Main & Small Pool	Family Swim
1.00pm - 1.45pm Main & Small Pool	Family Swim
2.00pm - 2.45pm Main & Small Pool	Family Swim
3.00pm - 3.45pm Main Pool	Lane Swim

SUNDAY	
8.00am - 8.45am Main Pool	Lane Swim
9.00am - 9.45am Main Pool	Lane Swim
10.00am - 10.45am Main Pool	Lane Swim
11.00am - 11.45am Main & Small Pool	Family Swim
12.00pm - 12.45pm Main & Small Pool	Family Swim
12.15pm - 12.45pm Main Pool	Floatfit HIIT®
12.55pm - 1.25pm Main Pool	Floatfit Balance®
1.00pm - 1.45pm Main & Small Pool	Family Swim
3.00pm - 3.45pm Main Pool	Aqua Fit

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PRE-BOOKING IS REQUIRED FOR ALL SESSIONS