

Winsford Lifestyle Centre

Monday 29 July - Sunday 1 September

MONDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 10.00am Small Pool	Baby Splash
9.00am - 10.00am Main Pool	Training Lane
9.00am - 10.00am Main Pool	Casual Swim
10.00am - 10.45am Main Pool	Aqua Fit
10.00am - 12.00pm Small Pool	Family Fun Swim
10.45am - 12.00pm Main Pool	Casual Swim
12.00pm - 2.00pm Main Pool	Lane Swim (3 lanes)
12.00pm - 2.00pm Main Pool	Casual Swim
12.00pm - 2.00pm Main Pool	Casual Swim
12.00pm - 2.00pm Small Pool	Family Fun Swim
2.00pm - 4.00pm Main Pool	Training Lane
2.00pm - 4.00pm Main Pool	Casual Swim
2.00pm - 4.00pm Small Pool	Family Fun Swim
4.00pm - 7.00pm Main Pool	Swim Courses
4.00pm - 7.00pm Small Pool	Family Fun Swim
5.30pm - 7.00pm Main Pool	Casual Swim
8.30pm - 9.30pm Main Pool	Lane Swim (3 lanes)
8.30pm - 9.30pm Main Pool	Casual Swim
9.30pm - 10.30pm Main Pool	Adults Only Lane Swim
10.00pm - 10.30pm Main Pool	Last Minute Lanes

TUESDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 9.45am Main Pool	Aqua Fit
9.00am - 10.00am Small Pool	Swim Courses
9.45am - 12.00pm Main Pool	Casual Swim
9.45am - 12.00pm Main Pool	Training Lane
10.00am - 12.00pm Small Pool	Family Fun Swim
12.00pm - 2.00pm Main Pool	Lane Swim (3 lanes)
12.00pm - 2.00pm Main Pool	Casual Swim
12.00pm - 2.00pm Small Pool	Family Fun Swim
2.00pm - 4.30pm Main Pool	Casual Swim
2.00pm - 3.45pm Small Pool	Family Fun Swim
2.00pm - 4.30pm Main Pool	Training Lane
3.45pm - 7.00pm Small Pool	Swim Courses
4.30pm - 7.00pm Main Pool	Training Lane
4.30pm - 7.00pm Main Pool	Casual Swim
7.00pm - 8.00pm Small Pool	Lane Swim
7.00pm - 8.00pm Small Pool	Swim Courses
8.30pm - 9.15pm Main Pool	Aqua Fit
9.15pm - 10.30pm Main Pool	Adults Only Lane Swim
10.00pm - 10.30pm Main Pool	Last Minute Lanes

WEDNESDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 10.15am Main Pool	50+ Swim
9.00am - 10.00am Small Pool	Swim Courses
10.15am - 11.00am Main Pool	Aqua Fit
10.00am - 1.30pm Small Pool	Family Fun Swim
11.00am - 1.30pm Main Pool	Lane Swim (3 lanes)
11.00am - 1.30pm Main Pool	Casual Swim
1.45pm - 2.45pm Main & Small Pool	U16's Free Swim
3.00pm - 3.45pm Small Pool	Family Fun Swim
3.00pm - 3.45pm Small Pool	Aqua Fit
3.45pm - 6.00pm Small Pool	Swim Courses
4.00pm - 6.00pm Main Pool	Swim Courses
5.00pm - 6.00pm Main Pool	Casual Swim
6.00pm - 8.00pm Small Pool	Family Fun Swim
9.00pm - 10.30pm Main Pool	Adults Only Lane Swim
10.00pm - 10.30pm Main Pool	Last Minute Lanes

THURSDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 9.45am Main Pool	Aqua Fit
9.00am - 10.00am Small Pool	Swim Courses
10.00am - 11.00am Main & Small Pool	Wet 'n' Wild
11.15am - 2.00pm Main Pool	Casual Swim
11.15am - 2.00pm Main Pool	Lane Swim (3 lanes)
12.15am - 2.00pm Small Pool	Family Fun Swim
2.00pm - 4.00pm Main Pool	Casual Swim
2.00pm - 4.00pm Main Pool	Training Lane
2.00pm - 3.45pm Small Pool	Family Fun Swim
3.45pm - 6.00pm Small Pool	Swim Courses
4.00pm - 6.00pm Main Pool	Swim Courses
6.00pm - 7.00pm Main Pool	Masters Swim
6.00pm - 8.00pm Small Pool	Family Fun Swim
7.00pm - 9.00pm Main Pool	Lane Swim (3 lanes)
7.00pm - 9.00pm Main Pool	Casual Swim

FRIDAY	
6.30am - 9.00am Main Pool	Lane Swim
9.00am - 10.00am Main Pool	Ladies Only Swim
9.00am - 10.00am Small Pool	Swim Courses
10.00am - 10.45am Main Pool	Aqua Fit
10.00am - 1.30pm Small Pool	Family Fun Swim
10.45am - 1.30pm Main Pool	Lane Swim (3 lanes)
10.45am - 1.30pm Main Pool	Casual Swim
1.45pm - 2.45pm Main & Small Pool	U16's Free Swim
3.00pm - 3.30pm Small Pool	Family Fun Swim
3.00pm - 4.30pm Main Pool	Casual Swim
3.00pm - 4.30pm Main Pool	Training Lane
3.45pm - 6.15pm Small Pool	Swim Courses
4.30pm - 6.00pm Main Pool	Training Lane
4.30pm - 6.00pm Main Pool	Casual Swim
6.00pm - 8.00pm Main Pool	Family Swim
6.15pm - 8.00pm Small Pool	Family Fun Swim
9.15pm - 10.30pm Main Pool	Adults Only Lane Swim
10.00pm - 10.30pm Main Pool	Last Minute Lanes

SATURDAY	
8.15am - 9.30am Main Pool	Adults Only Lane Swim
8.30am - 11.00am Small Pool	Swim Courses
9.30am - 11.00am Main Pool	Casual Swim
9.30am - 11.00am Main Pool	Training Lane
11.00am - 1.00pm Main Pool	Casual Swim
11.00am - 1.00pm Small Pool	Family Fun Swim
1.00pm - 2.45pm Main Pool	Casual Swim
1.00pm - 2.45pm Small Pool	Family Fun Swim
3.00pm - 4.00pm Main & Small Pool	wet 'n' Wild
5.00pm - 6.00pm Small Pool	Family Fun Swim

SUNDAY	
8.15am - 9.30am Main Pool	Adults Only Lane Swim
8.30am - 9.30am Small Pool	Family Fun Swim
9.30am - 11.00am Main Pool	Training Lane
9.30am - 11.30am Main Pool	Casual Swim
9.30am - 11.30am Small Pool	Family Fun Swim
11.30am - 2.00pm Main Pool	Casual Swim
11.30am - 2.00pm Small Pool	Family Fun Swim
2.00pm - 3.30pm Main Pool	Swim Courses
2.00pm - 3.30pm Small Pool	Family Fun Swim
3.30pm - 6.30pm Small Pool	Swim Courses

POOL HIRE
4.00pm - 5.00pm
SATURDAY

POOL & FUEL & GRAB A BITE TO EAT
AFTER YOUR SWIM
8am - 6.30pm WEEKDAYS
9am - 4pm WEEKENDS
FOR JUST £1.50
T&Cs Apply

Timetable may vary during Bank Holidays. Check online for up to date sessions

- Pool admissions policy applies to all sessions
- Check online for August Bank Holiday timetable
- Please note - pre-booking is advised for all fitness classes
- Under 16's only on the inflatable
- Wet 'n' Wild - All children must complete a 50m swim test before being allowed onto the pool inflatable