

Neston Recreation Centre

Monday 22 July - Sunday 1 September

MONDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 10.00am Main Pool	Fun & Floats Babies
10.15am - 11.00am Main Pool	Aqua Fit
11.00am - 11.45am Main Pool	Casual Swim
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.00pm Main Pool	U16's Free Swim
2.00pm - 3.00pm Main Pool	Casual Swim
3.00pm - 4.00pm Main Pool	50+ Swim
7.00pm - 8.30pm Main Pool	Casual Swim
8.30pm - 10.00pm Main Pool	Adult Only Lane Swim
9.30pm - 10.00pm Main Pool	Last Minute Lanes 50% OFF!

TUESDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 11.45am Main Pool	Swim Courses
11.45am - 1.00pm Main Pool	Lane Swim
1.15pm - 2.15pm Main Pool	Wet 'n' Wild
2.30pm - 4.00pm Main Pool	Casual Swim
7.30pm - 8.30pm Main Pool	Aqua Fit
8.30pm - 10.00pm Main Pool	Adult Only Lane Swim
9.30pm - 10.00pm Main Pool	Last Minute Lanes 50% OFF!

WEDNESDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 11.45am Main Pool	Swim Courses
11.45am - 1.00pm Main Pool	Lane Swim
1.15pm - 2.15pm Main Pool	Wet 'n' Wild
2.15pm - 3.15pm Main Pool	Wet 'n' Wild
3.30pm - 4.00pm Main Pool	Casual Swim

THURSDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 10.30am Main Pool	Casual Swim
10.30am - 11.45am Main Pool	Aqua Fit
11.45am - 1.00pm Main Pool	Lane Swim
1.15pm - 2.15pm Main Pool	Wet 'n' Wild
2.30pm - 4.00pm Main Pool	Casual Swim
9.15pm - 10.00pm Main Pool	Adult Only Lane Swim
9.30pm - 10.00pm Main Pool	Last Minute Lanes 50% OFF!

FRIDAY	
6.30am - 9.30am Main Pool	Lane Swim
9.30am - 10.00am Main Pool	Swim-a-Song
10.30am - 11.00am Main Pool	Swim-a-Song
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.00pm Main Pool	U16's Free Swim
2.15pm - 3.00pm Main Pool	Aqua Fit
3.00pm - 4.00pm Main Pool	50+ Swim

SATURDAY	
11.00am - 11.45am Main Pool	Casual Swim
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.15pm Main Pool	Fun & Floats
2.15pm - 3.30pm Main Pool	Casual Swim
3.45pm - 5.00pm Main Pool	Wet 'n' Wild

SUNDAY	
9.00am - 10.00am Main Pool	Lane Swim
10.00am - 11.45am Main Pool	Fun & floats
11.45am - 1.00pm Main Pool	Lane Swim
1.00pm - 2.30pm Main Pool	Casual Swim

Learn2Swim	
Monday	4.00pm - 7.00pm
Tuesday	4.00pm - 7.30pm
Wednesday	4.00pm - 7.30pm
Thursday	4.00pm - 8.15pm
Friday	10.00am - 10.30am 11.00am - 11.30am 4.00pm - 7.30pm
Saturday	8.30am - 11.00am
Sunday	3.00pm - 5.00pm

POOL HIRE
5.00pm - 7.00pm
SATURDAY
SUNDAY

Neston Swim Club	
Wednesday	7.30pm - 10.00pm
Friday	7.30pm - 10.00pm
Sunday	8.00am - 9.00am

Wirral Sub-Aqua Club	
Thursday	8.15pm - 9.15pm

- Pool admissions policy applies to all sessions
- 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 20m swim test before being allowed onto the pool inflatable