

Jack Laugher Leisure and Wellness Centre pool programme

From Tuesday 3rd September 2024

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
Monday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		Adult lessons 9 - 10am		General swim 10 - 10.45am		Schools 10.45am - 12.15pm			General swim 12.15 - 4pm						Learn to swim 4 - 6pm		General swim 6 - 7pm		Lane swim 7 - 9pm		Swim squad (3 lanes) 7 - 9pm						
Tuesday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		Aquafit 9 - 10am		Accessible swim 10 - 11am		General swim 11am - 12.45pm			Schools 12.45 - 2.15pm		Staff training 2.15 - 4pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		Aquafit 7 - 8pm		Lane swim 8 - 9pm		Adult lessons 8 - 9pm						
Wednesday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9.15am		Learn to swim 9.15 - 11.15am			General swim 11.15am - 12.45pm			Schools 12.45 - 3.15pm		General swim 3.15-4pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		Aquafit 7 - 8pm		Lane swim 8 - 9pm									
Thursday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		Aquababes 9 - 10am		Accessible swim 10 - 11am		General swim 11am - 4pm						Learn to swim 4 - 6pm		Swim squads 6 - 9pm													
Friday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		General swim 9 - 9.45am		Schools 9.45 - 11.15am		General swim 11.15am - 12.45pm			Schools 12.45 - 3.15pm		General swim 3.15-4pm		Learn to swim 4 - 6.30pm		General swim 6.30 - 8pm		Lane swim 8 - 9pm										
Saturday		Lane swim 7 - 7.45am		General swim 7.45 - 8.30am		Learn to swim 8.30am - 12noon			General swim 12noon - 2.15pm			Fun session with inflatable 2.30 - 3.45pm		Party hire 4 - 5pm		Private hire/ staff training 5 - 6pm		* 45 minute session available for members to book via the Brimhams App ** Special Education Needs and Disabilities session												
Sunday		Lane swim 7 - 7.45am		General swim 7.45 - 8.30am		Learn to swim 8.30 - 10.30am		General swim 10.30am - 12noon		Family swim 12noon - 1pm		**SEND's 1.15 - 2.15pm		Fun session with inflatable 2.30 - 3.45pm		Party hire 4 - 5pm										Private hire/ staff training 5 - 6pm				

Programme subject to change. We run an alternative programme during school holidays.