



MAIN POOL TIMETABLE

STOCKPORT METRO
WHERE CHAMPIONS GROW

	Morning					Afternoon					Evening						
	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
Monday	Early Swim 6.00 - 9.00			School Lessons 9.00 - 12.00			Lunchtime Swim 12.00 - 1.30	School Swimming 1.30 - 3.30			General Swimming 3.30 - 6.30			BASC 6.30 - 7.30	Barrow Long Distance 7.30 - 8.30	Adult Only Swimming 8.30 - 10.00	
Tuesday	Early Swim 6.00 - 9.00			School Lessons 9.00 - 12.00			Lunchtime Swim 12.00 - 1.30	School Swimming 1.30 - 3.30			General Swimming 3.30 - 6.30			BASC 6.30 - 7.30	Diving Club 7.30 - 8.30	Adult Only Swimming 8.30 - 10.00	
Wednesday	Early Swim 6.00 - 9.00			School Lessons 9.00 - 12.00			Lunchtime Swim 12.00 - 1.30	School Swimming 1.30 - 3.30			Swimming Lessons 3.30 - 4.30	BASC 4.30 - 7.30			Barrow Long Distance 7.30 - 8.30	Adult Only Swimming 8.30 - 10.00	
Thursday	Early Swim 6.00 - 9.00			School Lessons 9.00 - 12.00			Lunchtime Swim 12.00 - 1.30	School Swimming 1.30 - 3.30			General Swimming 3.30 - 6.30			Aqua Aerobics 6.30 - 7.30	Canoe Club 7.30 - 8.30	Adult Only Swimming 8.30 - 10.00	
Friday	Early Swim 6.00 - 9.00			School Lessons 9.00 - 11.30			Lunchtime Swim 11.30 - 1.00	School Swimming 1.00 - 3.30			Barrow Long Distance 3.30 - 4.30	BASC 4.30 - 7.30					
Saturday				Early Swim (1 Lane) 8.00 - 9.00	Swimming Lessons 9.00 - 12.00			General Swimming 12.00 - 2.15			Pool Inflatable Session 2.30 - 3.30	Pool Inflatable Session 3.30 - 4.30					
Sunday				Early Swim 8.00 - 9.00	Swimming Lessons 9.00 - 11.00	Private Hire 11.00 - 12.00	General Swimming 12.00 - 4.30										

General Policy: All children under the age of 8 must be accompanied in the water by a "responsible person." *Responsible person must be 16 years or above and be a competent swimmer of 25 metres as a minimum.* Sessions may be subject to change at short notice, please check the live timetable on www.lifeleisurebarrow.com for the most up to date timetable.



Children under 4 years:
A responsible person must be present in the water with the children at all times. Children must wear approved floatation devices unless the ratio is 1:1 and parent is constant contact. Children and parents to stay in Designated Safe Area.



Children 4-7 years:
A responsible person must be present in the water with the children at all times. If children are not confident swimmers, approved floatation devices must be worn and they must stay within designated safe areas.



Children 8 years & over:
No parent supervision required provided the child can swim at least 25 metres. Children must be able to swim 25 metres as a minimum.

Public Sessions

